



**PACIFIC PSYCHIATRIC
INTERVENTION & WELLNESS CENTER**

Dear prospective integrative medicine patient,

Thank you for taking the time to invest in your health. Whether you are exploring integrative medicine because you are interested in a more holistic approach to your care, or you have failed conventional treatments, we are happy to help guide you down the pathway to optimal health.

Integrative medicine is a unique approach to health that is centered around you. Treatment plans are based on your individual needs that encompass emotional, mental, social, spiritual and environmental influences that affect your wellbeing. During your first visit, a comprehensive evaluation to address root causes of symptoms will be completed. The initial evaluation will include:

- Reviewing medical history and gaining a better understanding of you and your goals
- Discussing labs that may be necessary to get an accurate picture of your overall health
- Option to complete labs that day
- An e-mail summarizing recommendations

After labs are completed, a follow up will include:

- In-depth review of results
- A comprehensive treatment plan
- An e-mail summarizing treatment recommendations

Please note, an integrative assessment and review is not a comprehensive treatment. Just as you regularly see your mental health provider or primary physician for health management, you would continue to see your integrative medicine provider regularly for the best outcomes.

Integrative medicine is focused on discovering root causes of illness, such as:

- Nutrient deficiencies
- Food allergies
- Heavy metal toxicity
- Hormone imbalances
- Genetic abnormalities
- Neurotransmitter imbalances

- Hidden infections

This information is crucial in determining what is happening in your body from a biochemical perspective. Specialized lab testing will not be covered by insurance. However, we have partnered with the lab companies for the lowest cash pay options. Additionally, you may submit to your insurance company for a possible reimbursement, which cannot be guaranteed. In your evaluation we will decide which labs if any are needed, and work around your budget and goals to make the best treatment plan for you.

Integrative medicine also combines traditional medicine with other well researched therapies that have been shown to be safe and effective. Examples of therapies that may be recommended in your treatment plan:

- Acupuncture
- Nutrient and herbal therapies
- Diet modification
- Exercise

Many of these options will not be covered by insurance.

Our goal of this letter is to help you understand whether or not the integrative medicine approach is a good fit for you. We commit to providing the best care possible and to work with you and your individual health goals.

Sincerely,

Lauren J. Marchefka, FNP-BC, CMHIMP

