

HEALING FOUNDATIONS: Fees and Services

Consults & Treatments:

- **Initial Consult Naturopathic** (Health History, Assessment and Diagnosis) – 1 hr (\$200.00) to 1½hr (\$300.00)
- **Follow-up Appointments** - Range From - ½ hr - \$135.00, 45 min - \$175.00, 1 hr - \$200.00, 1¼ hr - \$250.00, 1½ hr - \$300.00,
- **Osteopathic Treatments** – Initial appointment 1 hr - \$115.00, 45 min - \$95.00, 30 min - \$80.00, 15 min Acute Treatment - \$60.00
- **Acupuncture Treatments** - ½ hr - \$100.00, 45min - \$130.00
- **Myofascial Release (MFR):** Intitial appointment 1hr - \$110.00, 45min - \$95.00, 30min - \$80.00, 15min - \$60.00
- **Reiki/Energy Treatments:** same as MFR.
- **E/Telemedicine (Email, Phone or Zoom) Appointments** – are billed the same as in-person consults
- **Email Correspondence** - Is billed based on the time your ND has spent receiving and composing email response(s) to you.

Programs & Special Appointments: (Cancellation Policy for all programs in effect)

- **BETTER MOOD PROGRAM – Personalized approach to Anxiety & Depression** (8 - 12 sessions scheduled every 7 – 14 days)
- **ADDICTIONS PROGRAM (smoking, alcohol, narcotics, food etc...)**(8 weeks, 8 sessions, incl. acupuncture)
- **Physical Exam: a complete physical exam** – including breast & pelvic exams for women, testicular and prostate exams for men. **1hr appointment**
- **Blood and urine tests may be required during your physical exam.** Please note that a requisition from an ND is not OHIP covered - it is privately paid for by the client over and above the appointment fee.
- To save you the expense, your ND usually recommends that labs be requisitioned by your MD (covered by OHIP).

Labs & Testing:

- **Hormone Testing:** Female & Male Saliva Panels – \$220.00, Cortisol Panels - range from: \$200.00 to \$400.00
- **Food & Environmental Allergy or Sensitivity Testing:** Range from \$150.00 to \$350.00 depending on the panels needed.
- **Hair Mineral & Heavy Metal Test:** \$200.00
- **Urine Test:** \$10.00
- **Zinc Tally Test:** \$5.00
- **Blood Tests – ND Requisitions (standard medical):** Range from - \$2.00 to \$200.00 - depending on what needs to be tested.

Other Fees:

- **Cancellations or Missed Appointments** (non-emergency) with less than 24 hrs notice: **\$85.00**
- **Report of Findings*, Treatment Plans- Insurance (e.g. OFC-18- MVA), Legal Forms:** \$10.00 per 5 minutes of time your practitioner spends composing and processing (photocopying, faxing, emailing, investigating).
- **B12 IM Injection** (1000mcg Methyl-cobolamine + 0.1mcg/ml Folic Acid) – \$25.00
- **HST** is applied to all products, and most laboratory tests (e.g. food allergy and hormone panels).
- **HST does NOT apply to ND consultations, acupuncture treatments, B12 injection, or requisitions for standard medical blood tests.**

* A report written by your ND to your MD/specialist about your state of health, including recommendations for further medical work-up, assessment and/or treatment and/or requesting your MD/specialist's collaboration to help bring about resolution of your health concerns.

Details of Payment:

- **VISA, MC, DEBIT, E-Transfer, CASH or CHEQUE:** Payment is expected at the time services are rendered.
- **Payment for Phone and Email Consultations.** You can pay immediately after the phone consult (with credit card or e-transfer). Otherwise, you will be mailed an invoice (postal or email), which is to be paid by phone (with credit card or e-transfer) or in person within 10 days of the phone or email consult.
- **Most extended health care plans cover naturopathic & osteopathic medical care by a registered ND and registered Osteopathic Manual Practitioner. Be sure to check this out. You may have insurance coverage for your treatments.**
- Upon payment you will be given a printed or emailed statement including: the treatment fee, appointment length, practitioner's registration number and signature.
- Insurance providers accept this format for health coverage.
- Your insurance provider will cover the naturopathic consult fee, osteopathic treatment or a portion of it, depending on the extent of your coverage. However, insurance providers typically do not cover prescribed supplements, herbal or homeopathic medicines. Some insurance plans do cover laboratory tests.
- Naturopathic Doctors are primary health care practitioners. Therefore, you usually do NOT need a referral to see an ND. However, a small number of insurance providers require that your MD formally refer you to an ND before your health plan will cover your naturopathic consult fees.
- **Complementary Medicine Medical visits are NOT covered by OHIP.**
- **No Insurance?** Individual payment plans available.

Picking Up Medicines:

- When your ND has prescribed a supplement, herbal or homeopathic medicine and you have been instructed to continue the prescription until your next follow-up but run out of it before then, please call or email the clinic to provide you with a repeat prescription.
- If you are leaving a phone or email message with reception, please indicate the name of the medicine you need, your name, phone number and your availability for pick up.
- Reception will call you back to confirm medicine availability, cost and pick up arrangements.
- Payment is expected at the time of pick-up, delivery or shipment.
- During a pandemic, we ask you to pick up your package from the front drop box or we deliver supplements to client's in a 30km radius or ship if you live farther than that.
- Contact Us for more information.

Cancellations/Missed Appointments & Outstanding Balances:

- **Please remember that non-emergency cancellations or missed appointments with less than 24hrs notice will be charged a fee of \$85.00.**
- You will receive a mailed invoice.
- Payment is required in full within 10 days of your non-emergency missed or cancelled appointment with less than 24 hrs notice.
- Clients with outstanding balances will not receive any further health services or products until the outstanding payment has been received by the clinic in full.

If you have questions or concerns regarding our clinic's fee schedule, please do not hesitate to contact us.

**THANK YOU FOR YOUR BUSINESS.
IT IS OUR SINCERE PLEASURE TO SERVE YOU.**