

## Welcome to Waterdown Village Chiropractic & Wellness Group!

Welcome to Waterdown Village Chiropractic & Wellness Group! This new patient package is designed to help you understand what to expect while under naturopathic care with Dr. Carly Wendler, BA.Sc., N.D.

Here at Waterdown Village Chiropractic & Wellness Group, we will be looking not only at your primary health concern(s) but also at your total body health. Upon or before your first visit, you will be asked to fill out a detailed health history that will give Dr. Wendler better insight into your current health concern(s) and your general health. It is important not to omit any information that you may feel is irrelevant, as many symptoms and signs may in fact be related to your primary reasons for seeking naturopathic care.

### Initial Appointment

Your **initial one-hour appointment** with Dr. Wendler will include a thorough health history including a review of past and current over-the-counter and prescription medications and supplements. To best gather information during your initial visit and start on a treatment plan, it is kindly requested to **bring in or have faxed over any blood work or tests you've had done within the last 6 months** for Dr. Wendler to review. A physical examination may also be completed as required during this appointment. After Dr. Wendler has completed the initial intake and assessment you will be given an initial treatment plan to follow based on her expert opinion on the course of treatment she feels will give your body the best chance to return to optimal health. Naturopathic treatment involves a combination of clinical nutrition, herbal medicine, homeopathic medicine, Traditional Chinese Medicine including acupuncture, supplementation, and lifestyle counseling. The course of your treatment will be based on your individual needs. When necessary, referral to other health care professionals will also be provided in addition to naturopathic care.

### Continuing Care

At the end of your initial appointment, Dr. Wendler will provide you with a guideline on how long to continue your initial treatment plan and when to schedule your first follow up appointment. **It is very important to keep your follow up appointments to ensure your plan is working, to adjust the plan or dosages of prescriptions, adjust the frequency of appointments, and to re-evaluate your symptoms. Even when you are feeling better and having success with your health, is it still important to maintain your follow up appointments in order to maintain the wellness you've worked so hard for!** Your health is continually changing and will continue to do so while using naturopathic medicine so it is important to continually reassess your health status through follow up appointments.

Naturopathic Doctors **are licensed primary care physicians** extensively trained in medical assessment and diagnosis, physical examination, blood work interpretation, pharmacology, and the naturopathic treatments listed above. Dr. Wendler can be a first point of contact for any health concern and is able to address both acute infections and concerns (e.g. cold, flu, bronchitis, UTI, yeast infection, ear infection, etc.) as well as chronic, long standing issues. Dr. Wendler is trained to detect areas of illness and disease

malfunction in your body that are *not yet* causing symptoms. Correcting these areas *before* they become a problem is the basis of naturopathic *wellness care*.

### **Waterdown Village Chiropractic & Wellness Group Vision Statement**

“It is our vision to work with you to achieve optimal health for you and your family. We will continually strive to provide our patients with the best care possible by achieving optimal function of your physical, mental, and emotional health.”

Whether you choose to a) reach your optimum health potential; b) prevent your health problem from returning; or c) just treat a symptomatic problem, we promise to try our best to keep you informed about your health and provide you with excellent health care.

We expect that you will have a positive experience while under our care at Waterdown Village Chiropractic & Wellness Group. Please do not hesitate to ask Dr. Wendler any questions that you may have. The better informed you are about your health, the more empowered you will become and the better success you will experience.

### **Insurance Coverage**

Please check your insurance policies when you begin naturopathic care so you understand which fees you are responsible for personally. Any services rendered to you at Waterdown Village Chiropractic & Wellness Group will be charged to you directly. You are responsible for collecting reimbursable naturopathic expenses from your insurance company. We are more than happy to assist you in the completion of any necessary documentation required for you to collect from your insurance company free of charge. Also note that some insurance companies include a Health Care Expenses Account over and above your regular naturopathic coverage. This account may cover the costs of blood work, allergy testing, and/or supplements ordered and prescribed by Dr. Wendler.

## CLINIC FEES & HOURS: (As of June 2018)

It is the patient's responsibility to cover the total cost of all fees related to their care. The fees offered by this office are designed according to specific qualifications of your practitioner and are well within the recommendations set by the Ontario Chiropractic Association, Canadian Association of Naturopathic Doctors and Registered Massage Therapists' Association of Ontario.

### CHIROPRACTIC

#### Initial Examination:

ADULT/CHILD	\$95.00
SENIOR	\$70.00
STUDENT (Univ./College – Full-Time)	\$70.00

#### Subsequent Visit:

ADULT/CHILD	\$42.00
SENIOR	\$35.00
STUDENT (Univ./College – Full-Time)	\$35.00
HOME VISIT	\$55.00

#### Other:

REPORT OF FINDINGS	\$55.00
PROGRESS EXAM	\$55.00
CANCELLATIONS (Without 24hrs Notice)	\$25.00
MISSED APPOINTMENTS	\$25.00
CUSTOM ORTHOTICS	\$500.00

### NATUROPATHIC MEDICINE

#### Initial Assessment:

INITIAL ASSESSMENT	\$165.00
INITIAL FERTILITY APPT (Couple)	\$275.00

#### Subsequent Naturopathic Appt:

REGULAR FOLLOW-UP	\$80.00
B12 APPOINTMENT	\$20.00
ACUTE APPOINTMENT	\$42.00
ACUPUNCTURE (30-Mins)	\$50.00
ACUPUNCTURE (1-Hour)	\$90.00
PRE-BIRTH ACUPUNCTURE	\$90.00
CANCELLATIONS (Without 24hrs Notice)	\$25.00
MISSED APPOINTMENTS	Appt. Fee

### MASSAGE THERAPY

90 MINUTES	\$125.00
60 MINUTES	\$90.00
45 MINUTES	\$75.00
30 MINUTES	\$60.00
CANCELLATIONS (Without 24hrs Notice)	\$25.00
MISSED APPOINTMENTS	\$25.00

### LIFE COACHING

SINGLE SESSION	\$125.00
3-MONTH PLAN SESSION	\$115.00
6-MONTH PLAN SESSION	\$110.00

### CLINIC HOURS:

<b>Mon:</b>	9:30 a.m. to 7:00 p.m.
<b>Tues:</b>	7:30 a.m. to 8:00 p.m.
<b>Wed:</b>	9:30 a.m. to 7:00 p.m.
<b>Thurs:</b>	9:30 a.m. to 8:00 p.m.
<b>Fri:</b>	7:30 a.m. to 5:30 p.m.
<b>Sat:</b>	9:00 a.m. to 1:30 p.m.
<b>Sun:</b>	CLOSED

### PLEASE NOTE:

- All office fees are subject to change with prior notice to clients
- Payment is due upon services rendered unless other arrangements have been pre-approved
- Ask us about family plans for chiropractic
- No returns on probiotics or open product
- Payments may be made by cash, cheque, American Express, Debit, MasterCard or Visa
- A \$20.00 fee will be charged for any NSF cheques to cover bank charges