

The Pilates Wellness Center

Leaner | Longer | Firmer | Stronger

Introductory Patient Information

11420 Fortune Circle, I-7
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Welcome to The Pilates Wellness Center. We look forward to working with you.

WORKING WITH DR. HABANOVA

The way that Dr. Habanova works with patients differs considerably from the conventional medical model you may be accustomed to. Please read the following information thoroughly to familiarize yourself with her process.

As a new patient, your treatment is in two phases:

- A) Case Review
- B) Ongoing Treatment

PHASE ONE: CASE REVIEW

The Case Review is the first step for all new patients. The Case Review is designed to save money and time in the long-term by performing the appropriate diagnostic testing and evaluation before treatment begins. A cornerstone of Dr. Habanova's approach is "test, don't guess." Identifying the underlying patterns contributing to disease and symptoms is the key to a successful and lasting outcome.

The Case Review serves several purposes:

- It enables Dr. Habanova to more accurately estimate how long your treatment program will last, what it will include and how much it will cost
- It gives you the chance to ask any questions you may have about your condition and what you should expect
- Finally, it provides an opportunity for us to get to know each other and determine if the center is a good fit for you over the long-term

The initial Case Review with new patient evaluation at The Pilates Wellness Center is comprised of two appointments:

1) Initial Consultation - 1st Appointment

Prior to your Initial Consultation with Dr.Habanova, a Patient Coordinator will provide you with the Functional Medicine Patient Packet to complete. It is important that you spend time and energy completing all the intake forms as thoroughly as possible as they are vital in helping us understand your case. Please mail these back to her office 7 days in advance of your appointment.

This paperwork includes:

- A detailed health and medical history questionnaire
- A survey of your chief complaints and most important health goals
- An assessment of your most troubling and frequently experienced symptoms
- A diet survey and questionnaire
- A survey of your current supplements and medications
- Detailed body assessments regarding metabolic and neurological function

Dr. Habanova feels it is important for her to review your previous labs and records. Please obtain your previous records and mail these to her office 7 days in advance of your appointment. Dr. Habanova will review them prior to your Initial Consultation. If these records are extensive, Dr. Habanova will need additional time to complete her review of the records which will be billed at an additional cost.

During your Initial Consultation, (90 minutes), you and Dr. Habanova will have the opportunity for an in-depth discussion about your present health, chief complaints, most troubling symptoms and health goals. This time is needed to gather all of the information for Dr. Habanova to reach a comprehensive understanding of the many factors that are affecting your health.

After your Initial Consultation, Dr. Habanova will:

- Recommend initial laboratory testing, specifically tailored to your personal case
- Provide you with dietary guidelines to follow for a 30-day Reset Diet
- Recommend initial supplements and lifestyle changes for you to begin

It is critical that you implement the 30-day Reset diet to the best of your ability. Your experience with the diet will be as important as any lab findings in guiding the next steps in your care plan.

Once you complete your labs and we have received the lab results you will move on to Step Two: the Report of Findings. This typically occurs between 30 and 45 days after the Initial Consultation, because some of the labs we use take up to 4 weeks to deliver the results to us after receiving your sample. While you wait for your labs to come back, you will be implementing the 30-day Reset diet and initial supplement and lifestyle recommendations, and making forward progress.

2) Report of Findings - 2nd Appointment

The Case Review Report of Findings visit is a 60-minute appointment. Dr. Habanova prefers that this visit is done in person, however it can be done by phone or Skype when necessary.

At the Report of Findings visit, Dr. Habanova will:

- Integrate data from your history and intake with the new laboratory data
- Discuss the underlying patterns and triggers that are contributing to your symptoms
- Outline the suggested treatment plan, including dietary, supplement and lifestyle recommendations
- Recommend further testing (this will typically be minimal, if necessary at all, because of the completeness of the Case Review initial assessment)

Answer any questions you have about the findings or the treatment plan.

PHASE TWO: ONGOING TREATMENTS

Once the Case Review is complete, you will have follow-up appointments on an as-needed basis. In general, Dr. Habanova recommends that regular follow-up visits be scheduled every 6-8 weeks, depending on your health needs. At these visits, she will review your progress on the treatment plan, along with any follow-up test results, and make additional recommendations as necessary.

You may schedule follow-up appointments in person at her office, or by phone or via Skype. If you live outside of Wellington, FL Dr. Habanova asks that you return for an in person visit at least once a year.



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PREPARATION FOR YOUR INITIAL APPOINTMENT

Our goal at The Pilates Wellness Center is to provide you with the highest level of personalized care. We are committed to guiding you towards achieving a continuous state of superb well-being.

It is important that you read all the enclosed information in your Functional Medicine Patient Packet carefully and mail all forms back to our office at least 7 days prior to your appointment. This will allow us to help solve your health problems more efficiently and enhance the quality of your care. If we do not receive your patient packet prior to your appointment, it may take over 30 minutes of your 90 minute appointment time to review your records.

MEDICAL RECORDS

Medical records can only be released with your authorization. You are responsible for obtaining previous medical records from other physicians or health care providers. A medical records release form is included for your use. Please contact your physician or other health care provider to obtain these records.

Your records should be mailed to:

The Pilates Wellness Center
11420 Fortune Circle, Building I Suite 7
Wellington, FL 33414

CONSULTATIONS

Your initial visit will include an 90-minute medical consultation with Dr. Habanova. Nutritional therapy and laboratory/diagnostic testing are integral components of your treatment plan. Test results are used to design your personal health care program as well as uncover the root causes of your medical condition. Nutritional supplements are often recommended and we will help you select and find the highest quality products.

INITIAL VISIT

When coming from out of town, you may need to stay overnight after your consultation to have your blood drawn the next morning. Many of the tests require a 10-hour fast. You can, and should drink water during this fast.

Costs of all testing will be reviewed with you after your initial consultation. You will receive all final lab results and be guided through their interpretation at your Report of Findings Follow-Up visit.

FEE SCHEDULE FOR VISITS

The Case Review is the fastest and most efficient way to determine the underlying causes of your health problems and design an effective treatment plan. While a Case Review may cost more than a typical initial visit to a physician, it is designed to save you money and time over the long-term by performing the appropriate diagnostic testing and evaluation before treatment begins.

Here is a breakdown of the costs involved in the Case Review and Ongoing Treatment visits so you can plan accordingly.

Visit Type	Fee	Duration
Initial Consultation	\$595	90 minutes
Report of Findings	\$295	60 minutes
Regular On-Going Visits	\$150	50 minutes
	\$75	25 minutes

CONFIRMATION AND CANCELLATION OF APPOINTMENTS

Due to the overwhelming requests for consultations, there is a 7 day cancellation policy for your first Initial Consultation appointment. Your appointment must be cancelled at least 7 days prior to your scheduled consultation or you will be charged for the visit. There is a 72-hour cancellation policy for all follow-up appointments. You may cancel your appointment by calling the office. If calling after hours please leave a message.

PAYMENT OPTIONS

Our office accepts cash, checks or credit cards (Amex, MasterCard, Visa, Discover) for services rendered. When you schedule the initial visit, we request a credit card be put on file to hold the appointment for you. No charges will be applied to your credit card unless you miss or cancel an appointment without proper notice. On the day of your scheduled appointment, all charges for consultations, as well as laboratory testing will be itemized and reviewed with you. Payment is due on the day of service.

Follow-up phone consultations will be billed to your credit card on file unless you provide other payment information and instructions prior to your appointment. If additional lab tests are required and our office sends test kits, the appropriate fees will be charged to your credit card.

INSURANCE INFORMATION

The Pilates Wellness Center does not participate with any insurance carrier. We do not submit medical claims on your behalf and we cannot assist you with claim resolution. All services are strictly on a self-pay basis.

The PWC does no 3rd party or insurance billing, reporting, coding, processing, or annual expense reporting of any kind whatsoever, this includes Doctor reports, records to insurance companies, insurance report forms, etc.

MEDICARE INFORMATION

The wellness services offered at The Pilates Wellness Center are not covered by Medicare. Medicare feels maintenance therapy is not considered to be medically reasonable or necessary, and is therefore not payable. Maintenance therapy is defined as a treatment plan that seeks to prevent disease, promote health, and prolong and enhance the quality of life; or therapy that is performed to maintain or prevent deterioration of a chronic condition.

Advanced Beneficiary Notice of NON-Coverage (ABN). We expect your health insurance will not pay for items and services deemed maintenance or wellness care by your carrier (as well as other items that may arise in the future). If you want these items and services, understand that they will not be billed to your insurance company. Therefore, you cannot appeal to your insurance carrier as they were not submitted and/or billed to them. If you wish to become a patient of The Pilates Wellness Center, you are required to accept full financial responsibility for all wellness services and maintenance therapy rendered by The Pilates Wellness Center, which are due in full at the time of service.

PHONE CALLS and VOICE MESSAGES

- If you have a medical emergency, call 911 or go directly to the nearest emergency room
- Our office hours are Monday – Friday 8 am to 8 pm EST
- To reach The Pilates Wellness Center, please call (561) 204-5393
- If you call after hours, we will return your call on the next business day
- When leaving a message, please include the following information:
 1. Full name, spell your last name, and date of birth
 2. Reason for call
 3. Best time to be called back
 4. Phone number(s)
 5. Email address



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WHAT TO EXPECT AT YOUR INITIAL CONSULTATION

Dr. Habanova takes a very thorough and comprehensive approach towards attaining your health goals. She believes superb well-being is achieved when each body system is functioning at its optimum, and health is not the mere absence of pain or symptoms. Her goal is to identify what systems needs improving and guide you via nutritional and lifestyle coaching into a continuous state of superb well-being for years to come.

Please note, we are a fragrance-free office due to the chemical sensitivities of our patients and staff.

Please arrive 10 minutes before your appointment time.

ADMINISTRATION OFFICE — Check In (10 minutes)

Welcome to The Pilates Wellness Center
Update personal forms and sign consent forms
Vital signs
Picture for medical chart
Registration for Healthy Living Supplement Store

INITIAL CONSULTATION: (90 minute appointment)

Consultation with Dr. Tatiana Habanova
Medical Nutritional and Lifestyle Assessment
Initial Treatment Plan

LABS/TESTING: (15 minutes)

Review of lab tests, descriptions and test prices

WRAP UP AND REVIEW: (10 minutes)

Review of Dr. Habanova's Initial Treatment Plan
How to obtain nutritional supplements

RECEPTION OFFICE — Check Out (5 minutes)

Schedule follow-up appointments



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PATIENT CHECK LIST

Did you remember to...

- Read all of the information in the Functional Medicine Patient Packet
- FILL OUT & SIGN THE FOLLOWING FORMS**
 - Functional Medicine Health Questionnaire
 - Systems Survey Form
 - 7-Day Diet Journal
 - Consent Forms
 - Patient Pledge
 - Consent to Treat
 - Patient Health Information
 - Important Information and Policy
- Obtain your medical records and test results from previously seen physicians and have them mailed to Dr. Habanova arriving at least 7 days prior to your appointment date
- Mail your completed Functional Medicine Patient Packet back to Dr. Habanova arriving at least 7 days prior to your appointment date

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Thank you!