

## Welcome to Green Mountain Medicine!



Dear Valued Patient,

Thank you for trusting me with your health care. I am committed to providing excellent holistic care for you and your family, and am dedicated to helping you meet your immediate and long-term wellness goals. My mission is to inspire, guide and support you as you make improvements in your health. I believe your improved wellness will lead you on a path to fulfilling your greatest potential in your family and in the community.

In advance of your first visit we ask that you complete a Health History form. **Please bring this completed form to our first visit.** This is my introduction to you and your history, and I appreciate your care in providing detailed and thoughtful responses.

During the course of our work together you may need to cancel or reschedule an appointment. Please provide notice **at least 24 hours in advance of your scheduled appointment**, otherwise a missed appointment fee of 70% of the visit price will be charged. If you do not give 24 hours notice for a first visit, a deposit for the full visit price will be required to reschedule. Thank you for your courtesy in giving us notice so we can offer the appointment time to another patient.

Please be aware that our office is **fragrance free** to accommodate those with sensitivities. Your care in avoiding the use of fragranced perfumes, lotions, etc. is greatly appreciated.

### Payment Policy

Green Mountain Medicine accepts cash or check payments at this time. Payment for services provided is due at the time of service, and payment for all pharmacy items is due upon receipt. If you have health insurance that covers naturopathic medicine or acupuncture, Green Mountain Medicine will gladly provide you with a detailed bill for you to submit to your insurance carrier for reimbursement. Your timely, full payment helps us provide you with excellent health care.

### Fee Schedule

First Office Visit - Adult	\$120
First Office Visit - Pediatric (12 y.o. & under)	\$90
Office Visit - 30 minutes	\$55
Office Visit - 45 minutes	\$65
Office Visit - 60 minutes	\$80
Office Visit - 75 minutes	\$95
Office Visit - 90 minutes	\$110

Your phone calls with questions or concerns are welcome at any time. However, if your concerns require extended consultation time or a new treatment plan, the above fee schedule will apply.

I look forward to seeing you at the Green Mountain Medicine clinic. My goal is always to provide you with excellent, heart-filled health care.

Kind regards,

Mika Tsongas, ND, LAc, MSOM, DiplAc (NCCAOM)