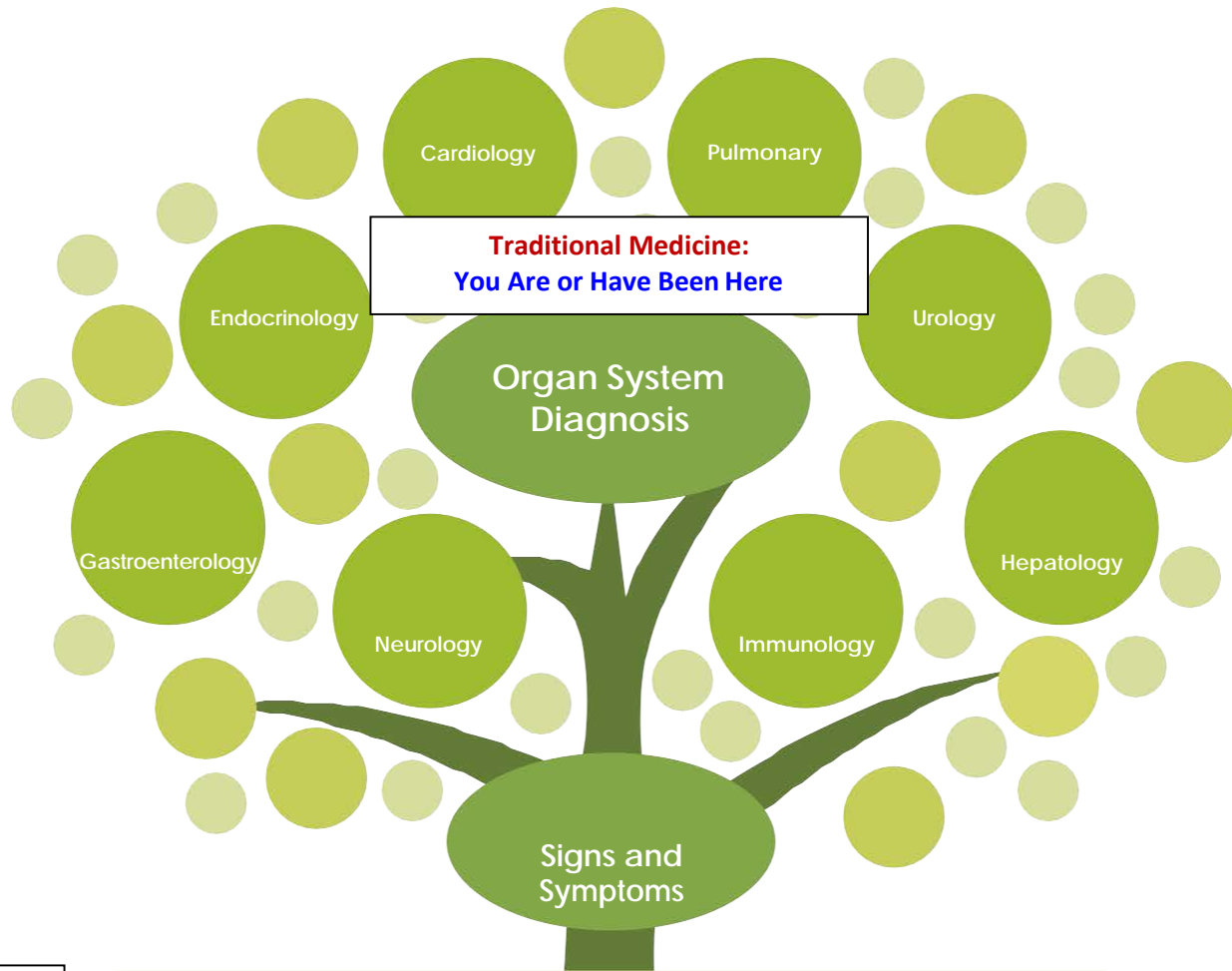


ICCLI Holistic Medicine Model: Traditional and Functional Medicine



**Functional
Medicine:
We have a
lot of work
TO DO!**

The Fundamental Organizing Systems and Core Clinical Imbalances

Assimilation

Digestion, Absorption, Microbiota/GI, Respiration

Defense and Repair

Immune system, Inflammatory processes, Infection and microbiota

Energy

Energy regulation, Mitochondrial function

Biotransformation and Elimination

Toxicity, Detoxification

Communication

Endocrine, Neurotransmitters, Immune messengers, Cognition

Transport

Cardiovascular, Lymphatic systems

Structural Integrity

From the subcellular membranes to the musculoskeletal system

Antecedents, Triggers, and Mediators

Mental, Emotional, Spiritual Influences

Genetic Predisposition

Experiences, Attitudes, Beliefs

Sleep & Relaxation

Exercise/
Movement

Nutrition/
Hydration

Stress/
Resilience

Relationships/
Networks

Trauma

Environmental
Pollutants
Micro-organisms

**Functional
Medicine:
We will help
you to
uncover the
roots of
your
problems**

Dear Patient,

We are excited to welcome you to our team!

At the Integrative Cardiology Center of Long Island, we pride ourselves on being patient-centered and forward-thinking. Our goal is to provide the highest level of care efficiently and effectively to every patient. The information below will assist you in getting the most out of your experience at our center.

The Integrative Cardiology Center of Long Island is a unique practice. Dr. Druz and her team practice philosophy is based on a functional medicine model, and aims to look at the root causes of disease. We deliver traditional, state-of-the-art cardiac care, and use our functional medicine perspective to offer a variety of value-added services and programs. All of our functional medicine and weight loss programs are for patients who wish to actively partner with us to improve their health, well-being, and vitality.

Our Services

CARDIOLOGY CONSULTATION OR AN INITIAL MEDICAL VISIT

- In-network: deductible and co-insurance apply
- Out-of-network: \$325 initial, \$125 follow-up (MD)

The cardiology consultation and medical visits (initial and follow-up) are subject to the deductibles and co-payments mandated by your insurance carrier. You may receive a recommendation for blood work, cardiac testing, a hospital-based procedure, and/or medications. You may also receive a basic recommendation on lifestyle efforts, such as a nutrition plan, supplements, and/or stress reduction approaches. These visits do not provide for an in-depth opportunity to use functional medicine for evaluation of your complaints, and we cannot recommend or discuss any specific, personalized functional medicine testing, nutritional or supplement protocols. Please, note that while all of your supplement use will be recorded, no specific recommendations on your regimen will be provided during this visit. We highly recommend that you consider a cardiology consultation or an initial medical visit prior to scheduling a holistic and functional medicine consult.

HOLISTIC AND FUNCTIONAL MEDICINE CONSULTATION

- Out-of-network only (ABN for Medicare)
- \$500
- Payment in full required prior to consult
- Fee can be applied to FIYG program or weight loss program

Our holistic/functional medicine consults are one-hour, in-depth evaluations for patients who wish to find the root cause of their illness, and reverse it through lifestyle changes. These consults are for the patients who wish to prevent, reverse or halt progression of chronic, metabolic and inflammatory diseases, such as heart and vascular disease, diabetes, hypertension, abnormal cholesterol; reduce their reliance on medications and/or invasive procedures, such as statins, stents or bypass surgery; increase their longevity and vitality; resolve symptoms of inflammation, fatigue, joint pains, mental fog, gastrointestinal issues; lose weight; address neurological disease, such as Alzheimer' dementia; evaluate toxic exposures, such as heavy metals; and normalize hormones through bioidentical replacement protocols. The services performed during holistic consults are considered non-medically necessary by the insurance carriers, and are provided out-of-network. Some of the blood, urine or saliva tests, such as genetic tests, may be covered. We will assist you in determining if your carrier covers a particular test. If you have an out-of-network coverage, and wish for us to submit any of these services to your insurance carrier, a \$25 charge will apply. Financing through CareCredit is available.

INTEGRATIVE HEALTH AND WELLNESS COACHING

- Out-of-network only (ABN for Medicare)
 - \$225 initial, \$ 125 follow up
 - 4 session package: \$ 480 (20% discount)
 - Fee can be applied to FIYG or weight loss program
 - Optional add-ons (included with 4 session package)
 - Vascular Function Testing (\$75)
 - Body composition (\$25)

These visits are offered for all of our patients. A cardiology consult, medical visit, or a holistic consultation must be scheduled and completed before an initial coaching session. These visits allow patients to start on an individual wellness plan, focused on the integrative nutritional, stress and supplement strategies. These visits do not provide for an in-depth evaluation and interventions, such as those provided by the FIYG or weight loss program visits. If you have an out-of-network coverage, and wish for us to submit any of these services to your insurance carrier, a \$25 charge will apply. Financing through CareCredit is available.

WEIGHT LOSS PROGRAM (PHYSICIAN SUPERVISED)

- Initial and follow up physician visits:
 - 0, 3, 6 months
 - in-network: deductible and co-insurance apply
 - out-of-network: \$325 initial, \$125 follow up
- Nurse practitioner visits and medical food supply:
 - out-of-network: 12 weeks \$1,680, 24 weeks \$ 2,944

The weight loss program includes a weekly visit or a video check-in with our team, and a personalized approach to nutrition, stress, medical foods and supplements. The program includes a detox kit, and a supply of medical foods. A complete physical exam and blood and urine tests are required prior to the program initiation. If you have an out-of-network coverage, and wish for us to submit any of these services to your insurance carrier, a \$25 charge will apply. Genetic testing is optional (separate fees apply). Financing through CareCredit is available.

FIT IN YOUR GENES (FIYG) PROGRAM

- Initial and follow up physician visits:
 - 0, 3, 6 months
 - in-network: deductible and co-insurance apply
 - out-of-network: \$325 initial, \$125 follow up
- Nurse Practitioner visits, tests and supplies:
 - out-of-network: 12 weeks \$2699, or 24 weeks \$ 5299

Unlike traditional medicine, functional medicine interventions require in-depth, personalized evaluation and treatment, and an ongoing, not episodic, therapeutic alliance between a patient and our medical team. Following your initial holistic and functional medicine consult, you will be recommended a program of either 12 or 24 weeks in duration. These programs are for patients who wish to indentify the root cause of their illness, and reverse it through lifestyle changes. The programs address prevention and progression of chronic, metabolic and inflammatory diseases, such as heart and vascular disease, diabetes, hypertension, abnormal cholesterol; reliance on medications and/or invasive procedures, such as statins, stents or bypass surgery; longevity and vitality; symptoms of inflammation, fatigue, joint pains, mental fog, gastrointestinal issues; resistant weight gain; neurological disease, such as Alzheimer' dementia; toxic

exposures, such as heavy metals; hormone normalization through bioidentical replacement protocols. All of our programs include a weekly visit or a video check-in with our team, and a personalized, in-depth approach to nutrition, stress, medical foods and supplements. The programs also include a free detox kit, a body composition analysis, and a vascular function testing. The FIYG program services are provided out-of-network. Some of the blood, urine or saliva tests, such as genetic tests, may be covered. We will assist you in determining if your carrier covers a particular test. If you have an out-of-network coverage, and wish for us to submit any of these services to your insurance carrier, a \$25 charge will apply. Financing through CareCredit is available.

HELPING YOU CHOOSE THE RIGHT PROGRAM FOR YOUR PROBLEM AND YOUR BUDGET

We are well aware of the fact that the recent expansion of high-deductible consumer directed health plans requires many patients to satisfy sizable deductibles and co-payments for in-network and out-of-network services. In accordance with the False Claim Act, enforced on the federal and state level, we will strictly adhere to the policy of collecting all deductibles and co-payments as mandated by your insurance contracts. Moreover, we will strictly prohibit any individual from soliciting or purposefully requesting the submission of out-of-network service charges to insurance carriers in a manner that violates in-network contractual obligations.

At the Integrative Cardiology Center of Long Island, we provide the highest level of service, and are dedicated to the health and well-being of every one of our patients. We ask that you respect the letter of the law, and the value of our doctor-patient relationship. As a general rule, symptoms or complaints that are new, recurrent, and not previously extensively evaluated or treated are appropriate for a cardiology or medical consult. If you are seeking a detailed supplement and/or genetic testing review, functional medicine laboratories review, have received recent (within one year) cardiac care and evaluation, or have no cardiac issues but are seeking care for inflammatory, hormonal, or weight resistance issues, we suggest a holistic and functional medicine consult following your initial visit. While any patient may benefit from an integrative health and wellness coaching, patients with long-standing problems, especially non-cardiac in nature, will be advised to consider our functional medicine programs.

Contact us with any questions or inquiries in writing at the Integrative Cardiology Center of Long Island, 121 Jericho Turnpike, Mineola, NY 11501, or call us at **516-746-1103**, or send an email to **info@iccli.com**.