



Policies and Procedures

Gateways to Integral Health
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Fee Schedule

Please note that all our services are fee for service as we do **not** bill insurances. Thus the financial responsibility rests with you, regardless of any insurance coverage.

Appointment Administration Fee: \$ 75

In order to book your appointment we keep a credit card on file. The \$75 Appointment Administration Fee will be credited to your initial consultation. This fee is not reimbursable should you cancel your appointment.

Initial visit: \$ 300.00 per hour

This includes review of health history, discussing hormone imbalances and other physiological imbalances, evaluation and education of organ health with appropriate screening, determination of further diagnostic/lab/nutritional/vitamin evaluation, and treatment.

Follow up visits: \$ 150.00 per 30 minutes

This can be done as in-office or telephone consultation. It includes review of hormone/vitamin/metabolic test results, determines hormone replacement and supplement recommendations. Follow up appointments are required for optimum care.

Additional time spent: \$ 75.00 per each 15 min

This applies to in-person or phone consultations.



Emails:

The fee for answering emails is \$ 75.00 per each 15 min.

Bioidentical Hormone Replacement

This section applies only to our Hormone patients. Our patients often achieve remarkable results with treatments emphasizing hormone balance, nutrition and life style. These approaches are based on solid science that is largely ignored by mainstream, pharmacologically-driven medicine.

Hormone balancing with bioidentical hormones is a cutting edge and complex treatment. Therefore, we are making it mandatory for new patients to follow up every 3 months within the first year of hormone balancing.

Once you have reached optimal hormone levels, monitoring every 6 month will be sufficient to address changes. Due to legal responsibilities we have to restart this process for those patients, who decide to stop the hormones or run out of hormones and subsequently want to restart taking hormones.

As each hormone patient is different, Dr. Forster has to review each chart before ordering lab work. This is essential but also time consuming. Thus we charge a quarterly fee of \$90.00. This fee will cover ordering and sending out lab requisition forms, looking over lab results, ordering/calling in prescriptions, related email contact and other related tasks.

The quarterly fee is due every first day of the quarter, thus January 1st, April 1st, July 1st and October 1st.

For your information: A fee of \$25 will be charged for all bounced payments as well as for payments that are 30 days past the due date.

Hormone treatment plans with quarterly fees may be cancelled at any time. You can do this by providing written notice to us at Gateways to Integral Health, 2716 Old Rosebud Road, Suite 230, Lexington, KY 40509.



Lab tests

Most lab work can be filed with insurance. You will get a lab requisition form from us or an email referring to a digital lab order, which you can use to have your blood drawn at any Quest Diagnostics facility. In some cases we will recommend specialty testing, where coverage depends on your insurance. You will receive a test kit that you will have to send to a special lab. Results are usually back within 3-21 days, depending on the test.

Billing Information

We **do not** accept or bill insurance. However we will supply you with a bill which you might want to submit to your insurance or use as a tax deduction. Please also note that Dr. Forster has opted out of Medicare.

Cancellation Policy

We understand that our clients have busy schedules and we take pride in not keeping them waiting or keeping them longer than planned. Each session will end according to the scheduled beginning. Please be on time.

If you should cancel your reservation less than 2 business days (48 hours) of your scheduled appointment, we not only lose your business, but also the potential business of other clients who may have taken your scheduled reservation time.

If you need to cancel or reschedule the appointment, please do so 2 business days (48 hours) in advance; otherwise, the full consultation fee will be charged to you for missed reservations that are rescheduled or canceled with less than 2 business days (48 hours) notice.

By signing below you indicate that you have read the Policies and Procedures of Gateways to Integral Health and understand and accept them.

Signature: _____

Date: _____



Sending out lab requisition forms

In addition we need to ask for your permission to send you lab requisition forms in preparation for regular follow ups via email.

To keep your hormones balanced long term we need to re-test your hormone levels in regular time intervals. Dr. Forster will go through your medical chart and choose the necessary lab tests for your next follow up.

By signing below you indicate that you agree with your lab requisition forms being send via email.

Signature: _____

Date: _____