

Welcome to the College Park Functional Medicine Clinic

College Park Family Care is proud to have a Functional Medicine Clinic (FMC) as part of their primary care services. Our clinic combines a traditional medical approach with natural and holistic therapies. A Functional Medicine approach is grounded in the following principles:

- Addressing the needs of the whole person
- Individualized care that honors the uniqueness of each person's body
- Balancing each patient's body systems and addressing how they work together
- Considering the root causes of health issues rather than just symptom management
- Patient-centered care that empowers the patient to be an active part of their treatment plan using personalized nutrition support, diet and exercise.

You, the patient, are the center of the Functional Medicine process— not a diagnosis or a disease. Our providers listen carefully to your health history and evaluate connections between your genetics, environment, and lifestyle. We use a comprehensive intake questionnaire, a physical exam, and detailed lab testing to gather a complete picture of how your body systems are functioning.

20+ years of success with our patients is the driving force behind what we do as we strive to promote improved health and reverse chronic disease.

I. Program Expectations:

We are inviting you into a therapeutic partnership between you and our functional medicine team. Each person has a unique expression of health and vitality, which means this process will look different for everyone. Clear expectations will help us be more successful as we create your wellness plan together. Please review the following expectations and let us know if you have any questions:

Patient expectations:

- To have an established Primary Care Provider within College Park or elsewhere
- To participate in the online Wellness Education Classes that are recommended to you
- To have a willingness to work with our dietitians to make diet and lifestyle changes
- To have a willingness to invest additional resources for specialty testing, quality supplements and nutrition/lifestyle education as needed
- To complete required paperwork prior to the initial and all follow up visits

Provider expectations:

- To provide a thorough analysis of your health status
- To provide a detailed treatment plan after baseline assessments are reviewed
- To provide ongoing support via scheduled face to face and virtual visits
- To invite you into a wellness community that starts with live online education classes

- II. **Functional Medicine Laboratory Testing-** The purpose of laboratory testing is to assist the clinician in finding the root cause of your symptoms. These tests help us to evaluate and address nutritional and other imbalances in your body. This functional medicine clinic uses both standard blood tests (Quest and Labcorp) and other specialty laboratory companies to help us get a full picture of your health status. All tests are optional, but they are important to a complete assessment. We will inform you of approximate costs for these services, and you have the freedom to decide if you want them or not.

- **Standard Lab Assessment:** (Quest or Labcorp) a baseline functional medicine lab assessment is often more extensive than what insurance companies typically cover. We do our best to maximize your chances of coverage, but some labs may not be covered. Depending on individual deductibles, additional lab costs may be billed to directly to you. Most of our patients report paying about \$200-\$300 for these extensive lab panels.
- **Specialty Lab Assessment:** We currently use 5-6 specialty lab companies to look deeper at body function and imbalances. You will be informed why the test is recommended, the expected cost to you, and options for submitting these costs to your insurance. We make no profit on these specialty tests and offer the lowest available prices. Prices vary from \$130 up to \$500 per test.

III. **Pharmaceutical Grade Nutritional Supplement Options:** - Finding quality and trusted nutrition supplements is challenging. Widely available cheap supplements may be contaminated with toxins or may be ineffective. We offer quality supplements from trusted companies that have been vetted by our dietitians. These supplements are optional, and they are available both in office and online. All proceeds go to patient education and our College Park Missions fund that supports our employees in doing mission work.

- **Supplements available at College Park Offices-**available at lower than retail pricing.
- **Online access to quality supplements-** You can purchase from our secure online dispensary at a 15% discount. For access to online supplement ordering, please set up an account with Fullscript. Your clinician can send your personalized supplement recommendations directly to your email at the time of your visit. Create your account at: <https://us.fullscript.com/welcome/collegepark>

IV. **Functional Medicine Education Track: Providing science-based diet and lifestyle strategies to support health and wellness**

1. **Gut Health:** Heal your Gut: Heal your Body using a whole food based, anti-inflammatory diet and lifestyle approach to support a healthy gut environment (microbiome).
2. **Sleep and Stress-** an in-depth look at Stress and Sleep Hormones - with focus on diet and lifestyle approaches to improve sleep patterns and build stress resilience.
3. **Immune Health:** an in-depth look at supporting healthy immunity/auto-immunity and the diet and lifestyle approach to building healthy immune response.
4. **Cardio-Metabolic RESET:** Anti-Inflammatory diet and lifestyle strategies to prevent and treat Chronic Disease (CVD, Hypertension, Pre and Type 2 Diabetes)
5. **Weight Loss Roadblocks:** calming down inflammation and toxicity as a foundation for lifelong weight management. A practical approach to supporting healthy weight loss, understanding common road blocks that can prevent weight loss or cause re-gain and practical ways to apply whole food and science based strategies for lifelong weight management.

*Your functional medicine provider will circle 3 - 5 of these classes for you to attend based on your initial comprehensive assessment. Classes 1-3 are typically required for ALL New Functional Medicine patients. They contain the foundational tools for a successful wellness plan. These classes are offered once per month in a live webinar format, with time for Q&A with one of our Registered Dietitian Nutritionists. Pricing is \$30 per class. You can get \$30 off by paying for all 5 classes up front. Sign up at check out after your appointment or by calling 913-681-8866.

Functional Medicine Informed Consent

I have read and understand the information presented in this document. By signing below, I am consenting to partner with the College Park Functional Medicine team for my treatment plan.

Name Printed: _____

Signature _____ Date: _____

Witness: _____ Date: _____