

2022 Information Packet for Patients- Dr. Dalen ND

Hello and thank you for your inquiry.

This is an update on how I will be seeing patients in 2022.

If you have any questions, please feel free to call or email me.

After 29 years of fulltime practice, I closed my multi disciplinary clinic in Grande Prairie in December 2020. I have spent this past year (2021) enjoying advanced courses, creating online health optimization programs for patients, and helping my husband prepare our land in BC for building there.

With the BC fires this summer, COVID-19 restrictions and now the flooding that has taken place, our building plans have been delayed as building supplies and labor are challenging to get on time or at all right now.

Since I will be in Grande Prairie for most of 2022 now, I have decided to see a small number of patients and concentrate on helping them here instead of my plans to start seeing select patients in BC. I will be practicing out of my home office and also doing remote follow up visits as per our professional guidelines.

COVID-19 Practice Restrictions:

- All the same restrictions will be followed in my home office as outlined by the Government and our regulatory body for Naturopathic Doctors.
- **COVID symptoms Screening:** If you are experiencing COVID 19 Symptoms on the day of your appointment DO NOT come to your appointment. You will not be charged a late cancellation fee and we will either move your appointment to remote or reschedule it.
- **Masks, properly worn over your nose** are **MANDATORY** in all patient visits.
 - If you are unable to wear a mask and your case complies with our guidelines for being able to do the Initial appointment remotely, I will book all of your appointments for remote appointments only. Some cases will not be appropriate to treat remotely only.

(Please note, it is much better to do the Initial appointment and the first office follow up in person.)

I am working differently in my practice now. I am working with fewer select cases so that I can focus on, support, educate, monitor, and adjust these plans, working with you a lot more closely than I could in my previous fulltime practice. This means I am essentially a naturopathic doctor/personal assistant to achieving your health goals and will be following your progress and tweaking your plan weekly as needed. You are not charged for any of this work between scheduled appointments as it is included in my appointment pricing.

FEES:

- **Initial Appointment: \$275.00**
 - This appointment will take between 1 to 1.5 hrs.
 - I take a very detailed history and get to know you so that I can create a very specific treatment plan for you.
 - For all patients I like to get your weight, height, blood pressure, listen to your heart, lungs and run a urine test on you as a very basic screen. We include this in your initial visit or if there is not enough time in that, I included this in another one of your visits. You will not have to change into a gown for this very basic exam, it only takes a few minutes and there is no charge for it.
 - When a more thorough physical examination is required for your case, it will be booked in a separate appointment. In more through exams you, of course, will need to change into an exam gown. I charge \$40.00 for these appointments as they take more time and need to be in a separate appointment.
 - I **do not** do pap smears in my home office or any internal vaginal/rectal exams. If these are required for your case, they will need to be done by your MD.
- **First Office Follow Up Appointment: \$225.00**
 - This appointment takes between 1 hour and 90 minutes.

- In this appointment we go through the overall treatment strategy for your case, discuss your differential diagnosis, and then go over the details of your plan: what you need to do and how to do it, what I will be doing, how you need to report your daily progress to me and how I will communicate those small adjustments in your plan as you are working through it.
- You will typically need 4 to 8 weeks to do the first stage of your plan.
- You only get charged for the visits, not any of the back-and-forth reporting in and fine tuning between our visits.
- **Regular Office Follow Up Visits: \$195.00**
 - After your Initial appointment and your first office follow up visit, any subsequent visits are considered “**regular follow up visits.**”
 - These visits are for going over the next step of your treatment plan as needed.
 - These usually take between 40 minutes to 60 minutes and can usually be done remotely if you prefer.
 - They are typically booked 4 to 8 weeks after your first office follow up and then every 6 to 8 weeks until your case is resolved.
 - A typical case takes:
 - the initial appointment,
 - the first office follow-up appointment, and
 - two to three regular office follow up appointments
- **Lab Tests:**
 - I order lab tests as appropriate for the cases that I see.
 - Any lab tests that I order are charged privately, vary in price depending on the test, and are NOT covered by Alberta Health Care.
 - I always give you the option to visit your MD to see if they are wanting to run the recommended test as well. If they are, once your MD has reviewed the test results with you and their recommendations, then it is ok for you to provide me with a copy of your test results.
 - Please Note: your MD is not there to run tests that I would like you to have done. Please be respectful when discussing possible tests with your MD. It is proper medical etiquette to be honest with them that I have recommended the test and that you wanted to see if they are also interested in doing the test on you anyway. The doctor who orders the test should review the test with you first and give you their recommendations before I receive a copy of the result.
 - **Specialty Tests:** I deal with some USA specialty labs to order functional tests when needed. I review these tests with you and the prices if and when they are appropriate for your case.
- **Supplements:**
 - I will likely be recommending you take specific supplements or botanical medicine in your plan.
 - I keep these to a minimum as I prefer to use fewer specific supplements for a specific time period so we can see what is helping. Lifestyle and diet are major cornerstones of all my plans.
 - I will send you supplement links through Fullscript, and any supplements that you require can then be sent directly to you.
 - I am particular about the professional brands that I recommend for quality control.
- **EXTENDED HEALTH CARE**
 - Many people have coverage for Naturopathic Services and do not know that they do.
 - Check your extended policies to confirm if you have any coverage for our services.
 - Submit your receipts from me to your provider for them to reimburse you.
 - Payment for your appointment is expected at the end of each appointment.
(etransfer, debit, visa)

Warm Regards,
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