

I. Patient Copy Professional Fee Schedule 2009 2010



Dr. Joel Lee Villeneuve B.Sc., N.D.

Naturopathic Doctor * Acupuncture * Botanical Medicine * Bowen Therapy * Classical Homeopathy * Craniosacral * Nutrition * Labs * www.optihealth.ca

Visit	Details	Adult	Child Under 12
Intro Visit	15 minutes	Complimentary	Complimentary
Baby Weigh In			Complimentary
Comprehensive New Patient Visit (CNP)	55 minutes	249	219
Comprehensive New Patient Wellness Package(CNP-W)*	110 minutes (1 hour & 50 minutes)	399	349
	<ul style="list-style-type: none"> History Physical Assessment Urine Testing Comprehensive NP Visit FIT & FITC Functional Organ Test Natural Doctors Report 		
Food Intolerance Testing (FIT)	55 minutes	199	178
Functional Organ Testing(FX)	<ul style="list-style-type: none"> Food Intolerance Test (FIT) Food Intolerance Consult Functional Organ Screen Test (FX) Natural Dr's Report 		
<ul style="list-style-type: none"> FIT or FX only FIT or FX only repeat 	15 minutes	98	89
	15 minutes	88	79
Family FIT Wellness Package (F FIT)*	90 minutes	499	
	<ul style="list-style-type: none"> 4 FIT FITC Consult 25 mins 4 week follow up 		
Environmental Test (EST)	15 minutes	98	89
EST repeat	15 minutes	88	79
Food Additive & Preservative Test (FAP)	15 minutes	98	89
FAP repeat	15 minutes	88	79
Expanded Sensitivity Testing (EST)	45 minutes	199	189
	<ul style="list-style-type: none"> Food Intolerance Test Food Additive & Preservative Test Environmental Test 		
Follow Up Visits			
<ul style="list-style-type: none"> Brief Regular Extended Post Life Cell Analysis Lab Report Consult 	15 minutes or less	69	59
	25 minutes	99	89
	45 minutes	149	139
	15 minutes	49	39
	15 minutes	69	59
<ul style="list-style-type: none"> Follow Up Wellness Packages * 	3 follow up visits-reduction of	10%	10%
	6 follow up visits-reduction of	15%	15%
	10 follow up visits-reduction of	20%	20%
Naturopathic Physical Treatments (Bowen Therapy, Craniosacral Therapy, Acupuncture)			
<ul style="list-style-type: none"> First Appointment (CNP visit not done previously) Regular Extended (Front & Back) 	15 minute consult and 25 minute treatment	129	119
	25 minutes	98	89
	45 minutes	129	119
Physical Treatment Wellness Package	3 Regular Sessions	199	189

Regular*	6 Regular Sessions	399	389
	12 Regular Sessions	599	589
Physical Treatment Wellness Package	3 Extended Sessions	229	210
Extended (Front & Back) *	6 Extended Sessions	429	419
	12 Extended Sessions	629	619
Telephone Consults	Fees based on time spent on consult and research time	69-149	59-139
E Consults	Fees based on time spent on consult and research time	69-149	59-139
*Infrared Sauna	15minutes-1hr	25/session	
	12 Session Package	250	
	Unlimited 4 month membership	500	
Letters,Forms & Reports(5 business days)			
Letter, Form	Per page	25	25
Report	Per page (Includes review of records)	60	60
Comprehensive Report (Legal, Medical etc.)	Per Page	150	150

After Hours Emergency Calls/Home Visits- additional 25% added to the consultation

**** Telephone/Econsults Consults** – there is no charge for telephone calls relating to the present treatment of a patient or questions from prospective patients concerning possible treatments or outcomes. All other consultations will be based on the actual time and research involved.

Cancellations or Missed appointments – Please give 48 hours notice for first visit and a minimum of 48 hours notice for any return visit. When an appointment is booked, this time is reserved for you. If insufficient time is given, another patient in need on the waiting list may have to wait further. Missed appointments without proper notification will be charged 50% of the missed appointment fee.

** if extra time is required, you will be billed additionally.

***The Wellness Programs** are designed to make a particular follow up care that research shows more effective with a committed time of program duration and are reduced from regular Optihealth rates to make the program more cost friendly and to reduce administration time. The above rates are for packages, memberships paid in full . We are committed to make the program work for you , if at any time a refund is desired we are happy to refund your investment at a prorated rate (ie each session used will be invoiced the regular Optihealth rate and the cost difference balanced at point of termination of package or membership)

Policies: INSURANCE: Currently OHIP does not cover either Naturopathic or Massage Therapy visits, but does partially cover Chiropractic. Many private insurance companies however, do cover the visits, so please check your individual plan.

CANCELLATIONS AND MISSED APPOINTMENTS: An appointment not kept means loss of valuable time and a spot that someone else in need may require. A charge in the amount for your missed visit booked will be made unless 48 hours notice is given of cancellation. The rescheduled or cancelled appointment must be received by speaking directly to an Optihealth Front Staff member .

RECEIPTS: Please keep all of your receipts for insurance and income tax purposes. There is a \$10.00 minimum reissuing fee for copies.

PAYMENT OF ACCOUNT: Payment of your bill is requested on the day of service. For your convenience, we accept cash, cheques, MasterCard and Visa.

PHOTOCOPIES: Photocopies up to 5 pages are included in each visit. Any additional photocopies required are invoiced at 5cents / copy.

HOME DELIVERY: We offer home delivery services from our dispensary. Delivery charges are \$5.00 for local areas and \$10.00 and up for further distance areas. Credit card payment is required for all deliveries. For same day service, orders must be placed and prepared before 12:00 noon.

DISPENSARY ORDERS: Any requests for Special Orders (Items we do not regularly stock) or requests to hold items for pick up must be pre paid at the time of request.

II. Patient Copy Wellness Programs Fee Schedule 2009 2010



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	More details of each program with FAQs at www.optihealth.ca Wellness Programs		
	GENERAL WELLNESS		
12 Weeks to Total Wellness	At the Optihealth Wellness Centre we have a unique team that comprises the expertise of various health professionals. This program is designed to give you an introduction to achieving your health goals on many levels assisted by our unique professionals in a comprehensive 12 week plan.	599	
Wellness Plan Maintenance	Is a Well Health plan created to assist you in health prevention once you have achieved your health goal. It is a maintenance program. The visits are recommended once every 6 months and include: <ul style="list-style-type: none"> • Metabolic Urine Tests • Live Cell Analysis • Evaluation of Health Wellness Spectrum Score and Consult to integrate above labs 	199 per visit	
Health Wellness Spectrum© (Natural Health Report)	The Health Wellness Spectrum is an effective measurement of your degree of wellness and where your health is today. It allows you to visualize the Health Connections that exist between health conditions and the steps leading to your path to wellness. – 55minutes <ul style="list-style-type: none"> • The Health Wellness Questionnaire • Organ assessment by Urine Testing & Functional Organ Test • Your report of what your Health Wellness Score is with action steps to start implementing change. 	249	
Healthscore© www.healthscore.ca	Healthscore is an evidence based numeric health assessment to assess lifestyle diseases. -55 minutes Healthscore was developed based on a new paradigm. The current medical	249	

	<p>paradigm places people in one of two categories: they are either 'healthy' or 'sick'. Rather than simply detecting disease, Healthscore measures health along a continuum that allows individuals to identify problems that matter to them - before they reach the clinical disease state. Consider:</p> <ul style="list-style-type: none"> • Elevated blood pressure can be deadly at levels that doctors do not treat • Prediabetes puts your risk of diabetes at 40% - and it is preventable • 46% of cardiac deaths occur in people with normal cholesterol level 		
HEALTH SPECIFIC WELLNESS			
Allergy Wellness - Achoo!	<p>If you experience allergies at a particular season it is recommended to begin this program 8 weeks in advance.</p> <p>1.Visit 1- 25 mins</p> <ul style="list-style-type: none"> • Health History of Allergies • Organ Assessment with Urine Test & Functional Organ Test <p>2.Visit 2- 40 mins</p> <ul style="list-style-type: none"> • Food Sensitivity Assessment Environmental Sensitivity Assessment Food Sensitivity Consult • Customized Detox <p>3.Visit 3-25 mins</p> <ul style="list-style-type: none"> • Allergy Reduction Customized Program Outline • Acupuncture Treatment 	399 includes 2 complimentary infrared sauna sessions	
Cardiovascular Wellness- Affairs of The Heart!	<p>Visit 1-Health Professional Naturopathic Doctor -25 mins</p> <ul style="list-style-type: none"> • Health History • Healthscore Questionnaire • Physical Exam • Heart Rate Variability Test • Metabolic Urine Test (MUT) • Labs with GammaDynacare (fasting glucose, complete cholesterol panel, Hs-CRP (C Reactive Protein), Homocysteine, folic acid levels, <p>Visit 2- Health Professional Naturopathic Doctor and Live Cell Analyst - 25 mins</p> <ul style="list-style-type: none"> • Food Intolerance Assessment • Customized Nutritional and Menu Plan including Food Pharmacy • Live Cell Assessment <p>Visit 3- Health Professional Naturopathic Doctor -25 mins</p> <ul style="list-style-type: none"> • Doctors Report of Findings and Plan of Action • Program Design Customized to You <p>Visit 4- Health Professional- Personal Trainer -25 mins</p> <ul style="list-style-type: none"> • Customized Exercise Plan 	499 includes 2 complimentary infrared sauna sessions	
Detox Wellness - Let's Get Clean!	<p>MSQ questionnaire</p> <p>Visit 1- Comprehensive New Patient Visit- 55 minutes</p> <ul style="list-style-type: none"> • Detox Patient History • Organ assessment with Urine Testing & Functional Organ Screen • Physical Exam <p>Visit 2- 25 minutes</p> <ul style="list-style-type: none"> • Food Intolerance Assessment • Live Cell Assessment <p>Visit 3- Naturopathic Doctors Report-25 minutes</p> <ul style="list-style-type: none"> • Your Individual Detox Program Outlined • Counselling to outline Detox Food Choices and Menu Planning -55 mins 	399 Includes 2 complimentary Infrared Sauna sessions	
Medical Infrared Sauna Wellness- Sweat It Out!	<p>We are excited to introduce the latest in biotechnology for Wellness Programs, The Far Infrared Sauna (FIRS). The benefit is that it is a safe form of radiant heat at lower temperatures (40-60 degrees Centigrade) than conventional dry or wet saunas (90-115C). This allows the impact to be deeper into the tissues thereby releasing 15-20% more toxins- principally cholesterol, fat-soluble toxins (ie herbicides and pesticides), heavy metals (</p>	25/session 250/10 session package	

	<p>ie mercury and aluminum), sulphuric acid, sodium, ammonia and uric acid. This unusually high concentration of heavy metals and other fat soluble toxins is not found in sweat from normal exercise. Mercury is the most toxic element on earth, second only to plutonium and is found in mercury dental fillings and vaccinations.</p> <ul style="list-style-type: none"> • Each session is 15 minutes to 1 hr according to recommended Individual Treatment Schedule 	500/ 4 month membership unlimited use	
Stop Smoking Wellness!	<p>Visit 1- New Patient Appointment- 55 minutes</p> <ul style="list-style-type: none"> • Organ Assessment with Urine Test & Functional Organ Test • Score on the Health Wellness Spectrum© • Physical exam <p>Visits 2-6 Acupuncture-25 minutes</p> <ul style="list-style-type: none"> • Homeopathic remedies – to reduce cravings and side effects of withdrawal. 	399	
Stress Management Wellness	<p>Visit 1- 55 minutes</p> <ul style="list-style-type: none"> • Comprehensive New Patient Appointment • Organ Assessment with Urine Test & Functional Organ Test • Receipt of password to Healthscore© questionnaire • Requisition for additional labwork for Healthscore© www.healthscore.ca <p>Visit 2- Food Intolerance Test and Nutritional Consult- 25 minutes</p> <ul style="list-style-type: none"> • Naturopathic Doctors Report • Detoxification – Specific to your needs <p>Visit 3- Stress Management 1-25 minutes</p> <p>Visit 4-Stress Management 2- 25 minutes</p>	399	
	FAMILY WELLNESS	Complimentary	
	FITNESS & WEIGHT MANAGEMENT		
Weight Management Wellness– 12 Weeks Body Type	<p>Phase I- Weeks 1-6</p> <p>Week 1-New Patient Visit, Physical Exam, Body Composition Evaluation- approximately 55 minutes.</p> <p>Week 2-Testing and Labs- Food Intolerance Test,Functional Screening, Metabolic Urine Tests, Food Intolerance Consult, Begin Detox- approximately 40 minutes.</p> <p>Week 3- Body Type Food Choices and Introduction to Infrared Sauna Program – approximately 25 minutes</p> <p>Week 4-Follow up , Acupuncture and Supplements To Assist Weight Program- approximately 25 minutes</p> <p>Week 5- Follow up and Exercise Program- approximately 25 minutes</p> <p>Week 6- Follow up and Stress Management- approximately 25 minutes</p> <p>Phase II- Weeks 7-12</p> <p>Week 7- Follow up and Last 5 lbs of Body Type Food Choices- approximately 25 minutes</p> <p>Week 8- Follow up and Bowen Therapy- approximately 25 minutes</p>	<p>Phase I *495</p> <p>Phase II * 395</p> <p>OR</p> <p>Phase I & II</p> <p>12 post dated cheques</p>	

	<p>Week 9- Follow up and Acupuncture- approximately 25 minutes</p> <p>Week 10- Follow up and Acupuncture- approximately 25 minutes</p> <p>Week 11- Follow up and Retest – Functional Screen and Organs- approximately 25 minutes</p> <p>Week 12- Follow up and Review Stress Management, Exercise Regime- approximately 25 minutes</p> <p>Phase III.</p> <p>If needed cycle repeats for every additional 15-20 lbs need to reduce weight. Each session approximately 15 minutes long.</p> <p>Phase IV Follow Up maintenance</p> <ul style="list-style-type: none"> • 1 month • 2 months • 3 months • 6 months • 12 months 	<p>for *85@12 At time of booking</p> <p>Phase III Visit 1-6 *200 Visit 7-12 *200</p> <p>Phase IV 98 each visit</p>	
WOMAN'S WELLNESS			
<p>Fertility Wellness- Lets Get Cooking</p>	<p>The program will assess your overall health and is recommended for both partners. Research shows that acupuncture is very successful and promoting increased chances of pregnancy. In IVF patients the addition of acupuncture before and after the procedure increased the positive pregnancies from an average of 27% with IVF to 54% with the combined IVF and acupuncture.</p> <p>This information will outline the most optimal treatment plan for you. The general outline is as follows: (Note modifications may need to be made to customize the program to you)</p> <p>We will also encourage additional support of a doula and or midwife and hypnobirthing support programs www.hypnobirthing.com .</p> <p>Visit 1- New Patient Visit- 55 minutes</p> <ul style="list-style-type: none"> • Naturopathic Physical Exam • History Gathering • Organ Assessment with Urine Testing & Functional Organ Test <p>Visit 2- Report of Health Wellness Spectrum© Score- 25 minutes Food Intolerance Test Nutritional Recommendations and Detoxification Program designed specific to your needs</p> <p>Visit 3-Acupuncture- monthly between day 7-10 of your cycle as most ideal</p> <p>Visit 4- Acupuncture- monthly between day 7-10 of your cycle as most ideal</p> <p>Visit 5- Acupuncture- monthly between day 7-10 of your cycle as most ideal</p> <p>Visit 6- Acupuncture- monthly between day 7-10 of your cycle as most ideal (Acupuncture sessions are 30 minutes)</p> <p>Infrared Sauna Sessions – 10 Recommended (1 every 2 weeks) – To be booked at your leisure.. The Infrared Sauna Sessions are important in detoxification of environmental such as herbicides, pesticides , chemicals from food additives and preservatives to name a few.</p>	<p>499</p>	
<p>Pregnancy Wellness</p>	<p>The program is designed to facilitate the most optimum pregnancy for you</p>	<p>499</p>	

	<p>and your baby blending tools of Natural Wellness.</p> <p>Visit 1- New Patient Visit-55 minutes</p> <ul style="list-style-type: none"> • Naturopathic Physical Exam • History Gathering • Organ Assessment with Urine Testing & Functional Organ Test <p>Visit 2- Food Intolerance Test and Nutritional Consult- 25 minutes</p> <p>Visit 3- Follow up Trimester 1- 25 minutes</p> <p>Visit 4 – Follow up Trimester 2- 25 minutes</p> <p>Visit 5- Follow up Trimester 3- 25 minutes Preparation for Delivery Program</p> <p>Visit 6- Post Delivery with Infant – 40 minutes</p> <ul style="list-style-type: none"> • Bowen Treatment www.bowtech.com (many mom's may experience trauma to the coccyx during delivery and this technique assists in correcting future concerns that may impact hormones) • Follow up and Early Infant Concerns 		
Menopause Wellness	<p>The Optihealth Menopause Wellness Program is designed to strengthen the body to prepare for Menopause. It is recommended to begin as soon as a change in pattern is seen in your menses cycle (Perimenopause) and or by age 45 at the latest.</p> <p>Visit 1- New Patient Visit- 55 minutes</p> <ul style="list-style-type: none"> • Naturopathic Physical Exam • History Gathering • Organ Assessment with Urine Testing & Functional Organ Test • Receipt of password to Healthscore© questionnaire • Requisition for additional labwork for Healthscore© <p>Visit 2- 25 minutes</p> <ul style="list-style-type: none"> • Food Intolerance Test and Nutritional Consult • Naturopathic Doctors Report • Detoxification – Specific to your needs <p>Visit 3- Reassessment- 25 minutes</p> <ul style="list-style-type: none"> • Organ Strengthening Program <p>Visit 4- Acupuncture- 25 minutes</p> <p>Visit 5-Acupuncture- 25 minutes</p> <p>Visit 6- Maintenance Program- 25 minutes</p>	499	
Rejuvenation Fascial Acupuncture	Currently not available at Optihealth		

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