



Balance Natural Medicine

Introductory Appointments

Welcome to Balance Natural Medicine and thank you for your interest in our practice. Before your free introductory appointment, we ask that you read over this document in order to ensure that the appointment goes as smoothly as possible.

Where

- Unless otherwise discussed, your introductory appointment will take place over the phone. Dr. Abby will call you at the number you provided when scheduling this appointment.

Preparing for Your Appointment

- Before your appointment, we ask that you look over [our website](#). Our website has valuable information about what we do, our policies, and general information about naturopathic medicine. www.balancenaturopathic.com
- Additionally, we ask that you come to your appointment with 1-3 questions prepared in advance. Doing this helps the appointment run smoothly and allows for you to get the most out of it.

What You Should Know Ahead of Time

- Our rate: we charge a prorated fee of \$250/hr. This means that if your appointment is an hour, your charge will be \$250, and if it is half an hour, it will be \$125.
- We do not currently take insurance. While we can provide a superbill for our Massachusetts patients, we cannot provide diagnostic codes for our New York patients. As such, patients should be prepared to pay out of pocket and not be reimbursed by insurance.
- Dr. Abby can order blood and other lab work in Massachusetts and Connecticut but not in New York. For those in New York, if Dr. Abby recommends lab work, you may need to travel to Connecticut. This will be discussed in further detail during your initial appointment.
- Dr. Abby offers an individualized treatment plan for her patients. When you become a patient at Balance Natural Medicine, you will be given a specific treatment plan tailored to your needs. Recommendations for the timing of follow-up appointments are also individualized and will be discussed at your initial appointment.