

Dear Valued Patient,

Welcome to ICS for your Functional Medicine consultation! We are excited to partner with you and help guide you back to health.

ICS is committed to providing a first-class patient experience with the highest level of functional and integrative medical care. We view our relationship with you as collaborative, and want you to be actively involved in your individual healing process. We value your experiences and opinions, and invite you to share them with us. We will make every effort to clarify your treatment goals, along with specific recommendations that we make at each step in the process.

What to expect when working with Dr. Linda Jager, MD, Family Medicine Board and Institute of Functional Medicine trained physician:

Initial Consult:

The first step in your work with Dr. Jager is a 45 minute initial consult, available either in person or via telemedicine (if your insurance allows). During this appointment she will be asking about your primary health concerns plus any relevant history, and will then order any appropriate lab tests if necessary. The tests will need to be completed prior to your second appointment, the Case Review Consultation.

- Provide a list of supplements and medications you currently take.

We will provide any lab requisitions or kits that you may need, along with a detailed questionnaire to be filled out prior to your return visit.

Case Reivew Consultation:

After completion of the Initial Consult with Dr. jager, the next step will be preparing for your Case Reivew consultation.

This involves:

- Completing the Case Review intake paperwork you were given the day of the Initial Consult and returning it to our office prior to your visit for review.
- Completing the lab tests that were ordered for you after your Initial Consult. Please contact us if you have any questions.
- 45-minute appointment focused on discussing the underlying patterns identified in your lab work and your Case Review intake paperwork, making recommendations for further lab testing if necessary and providing you with an Initial Treatment Plan. Dr. Jager will also answer any questions that you have regarding your diagnosis or treatment plan, or anything else realted to your care.

Nature of Services Provided

It is best to consider Dr. Jager as a consultant that provides specific clinical services, rather than as a primary care provider. Dr. Jager's services include medical care provided by physicians, related health care and/or nutrition services, and treatments or procedures which may be provied by physicians or other health care professionals. Such services may include the prescription of an integrative program which includes conventional health care, nutritional therapies, functional medicine, naturopathic medicine as well as other elements of integrative medicine. Dr. Jager's services *do not* substitute for primary medical care, and patients are expected to have a relationship with a primary medical doctor separate and apart from ICS.

We are honored that you have chosen us as a partner on your Journey Back to Health, and we're excited to begin that journey with you.