



## Appointments at Loudoun Holistic Health Partners

We offer several different types of appointments at LHHP. Each appointment type is designed to provide the optimal experience for every patient, no matter where she/he is in the process of achieving optimal wellness.

First, let's establish some requirements that **apply to ALL office visit types.**

- **LHHP Cancellation and Financial Policies** apply to ALL appointment types.
- **Bring your insurance card** to EVERY appointment you have at LHHP!
  - We need to verify/update your insurance each time to be sure you are offered the appropriate lab testing to give you the best chance of it getting covered.
- **Bring a list of supplements and prescription medicines** to EVERY appointment!
  - You and your provider must be on the same page at each visit.
  - Some patients see other doctors OR add supplements on the recommendations of friends, family, etc.
- **Arrive early** to allow enough time to get through any insurance/records updates.

## Types of Appointments We Offer

- **New Patient Visit**: 60 - 90 minutes; availability varies according to the specific provider
  - This is a more intensive appointment focusing on your health, family and social history.
- **Executive Wellness Examination (EWE)**: 60 – 180 minutes; availability limited.
  - This visit will include fasting laboratory studies and in-office testing procedures.
  - Wear loose, comfortable clothing.
  - Hydrate yourself thoroughly before this visit in preparation for blood testing.
- **Follow-up Visit**: 30 – 90 minutes, depending on complexity of care
  - The first follow-up visit following the EWE is usually the longest/most intensive follow-up visit
    - Many lab results are reviewed and teaching is extensive
    - A personalized treatment plan is formalized and discussed
    - You may wish to bring someone with you to listen OR record the visit
  - After this visit, any visit (other than **Acute Care Visit**) will be a **Follow-Up Visit**
    - Examples: Review labs, Check-Up, Physical Exam, etc.
  - **2 Types of Follow-up Visit**
    - **In office visit** – the traditional office visit, face-to-face with provider
    - **Phone consultation** – patient not in office, but meets provider by phone
      - Flexible scheduling: daytime and evenings usually available
- **Acute Care Visit**: 15 – 30 minutes
- **Nurse Visit**: 15 minutes; availability limited
  - These appointments are used in special, provider-approved instances only.
  - Services may include: injections, weight checks, blood pressure checks, strep test, urinalysis
  - These appointments may be upgraded to an **Acute Care Visit** if the nurse deems it appropriate.



## **Appointments at Loudoun Holistic Health Partners**

- **Intravenous Therapy**: 15 – 90 minutes, LIMITED appt slots
  - Used for administering intravenous treatment with various agents including:
    - Intravenous Nutrients – Vitamin C, Meyer’s Cocktail, Glutathione, Magnesium, Iron, etc.
    - Intravenous Chelation – for the goal of eliminating toxic minerals
  - **Special Policies for Intravenous Therapy Appointments**
    - Cancellation within 24 hours **FOR ANY REASON** may result in a charge for your visit.
      - The infusion is mixed in advance.
      - If you cancel, we must discard and waste the materials.
    - Please **DO NOT ask the infusion nurse questions** about your overall care plan
      - This is NOT appropriate for several reasons
        - The nurse is busy attending to other patients’ needs and it may distract her/him from giving excellent care.
        - The nurse is not aware of the care plan to great detail and this may lead to misinformation that may cause harm.
- **HALO Pap Breast Cancer Test**: 30 minutes, no special preparation required.
- **Far-Infrared Sauna Visit**: 60 minutes, proper attire/towels required, shower available.
- **InBody 570 Body Composition Analysis Visit**: 15 minutes, follow the InBody 570 Instructions.