

Functional Medicine Care: What to Expect

We consider functional medicine an investment, more than an expense. Working to transform your lifestyle and health will continue to reward you over your lifetime.

Optimal healthcare can be more of a priority decision than a cost decision. The upfront investment you make both financially **and effort-wise** often will completely change the course of your health over your lifetime.

Functional medicine cases will require a varying degree of commitment. We will work our hardest to assist you as best as possible in as many ways as possible during your healing journey. True, holistic, root-cause medicine can spark amazing changes; but without **your efforts and your focus**, our efforts will be for naught.

FAQ: Will insurance cover Functional Medicine?

Since your healthcare team is spending so much time with you and *for you* (both in person and afterwards researching your unique case) to get to the root of your issue, using advanced testing that takes more time and knowledge to interpret, and then personalizing your treatment plan to include natural therapies; the most likely answer is it's not covered by insurance.

However, this isn't a completely negative factor. A non-insurance practice gives us freedom to treat you without the constraints of a third-party. Here are the benefits:

- **Personalized care.** In functional medicine, we base treatments on the best possibilities for an individual with a unique genome, microbiome, and lifestyle, instead of basing our treatments simply on what the insurance company tells us they'll pay for.
- **Time.** Insurance reimburses doctors' visits that typically last about 15 minutes. We spend over an hour with our new patients, getting a comprehensive assessment. We have to know what is going on in your life before we can help you improve it.
- **Flexibility.** There are fewer restrictions with where or how your care can be given – in office, by phone, or by video. We can meet patients where you are most at ease.
- **1:1 personal relationship.** There is no one in between your team and you. It's a true partnership. Our doctors and clinicians are only working for you. We are not caught in a triangle between you, insurance, and administration.
- **Transparency.** There is no guessing game of what's covered. We spell out lab costs, decide together which tests are important and let you know the exact amount. We also offer much lower, direct pay pricing on many common labs.
- **No barriers to seeking care and support when you need it.** There are no penalties for seeing us (like co-pays). In our model, we expect to communicate with our patients frequently so that we can help you through the healing process. This is made possible in a concierge style because of our built-in functional medicine case management fees.

A Further Note about Insurance



We still absolutely encourage our patients to have insurance, especially for acute medical needs. Although we don't work with insurance directly, we do our best to utilize patient insurance coverage and reduce the cost of functional medicine.

HSA/FSA dollars are accepted at our clinic for our functional medicine and nutrition consultations.

We can provide a superbill of rendered services which you may submit to your insurance provider for possible reimbursement. Reimbursement is not guaranteed, and varies widely across carriers.

What's not included?

You will be responsible for the initial visit cost (\$375) at the time of the appointment. We will follow up with your personalized outline of testing costs and care plan options.

Lab testing costs can vary depending on the complexity of your case. At a minimum, you should expect the Comprehensive Bioscreen from LabCorp (\$325). Other functional labs vary in price from \$350 to \$650. We will outline all recommendations prior to ordering and commencement of care.

Functional Medicine care plans do not include supplement purchases. Supplements will vary month to month and can average from \$50 to \$200; depending on complexity of issues. As much as possible, we will rely on nutrition and lifestyle changes in place of pills.

**MORE INFO , MEET THE TEAM , & OTHER FAQs at
thefacilitydenver.com/functionalmedicine**

THE FACILITY PROCESS



Initial Functional Medicine Consult

90-Minute In-person or Telehealth visit with the functional medicine team to review history, past labs, and current concerns.



Receive Lab Testing Recommendations

Within 1-2 days, receive initial visit notes and personalized functional lab testing recommendations



Order and Complete Labs

Lab testing can be completed at a local draw site (LabCorp) or at-home. Results turnaround is 1-3 weeks.



Choose Follow-Up Care Option

Review Functional Medicine follow-up care options and choose the pathway that best suits you.

FUNCTIONAL MEDICINE FOLLOW-UP CARE OPTIONS

DIAGNOSTIC

- Lab Review Appointment with the functional medicine team to review your lab results
- Initial Action Plan (PDF) - Includes nutrition recommendations and resources + lifestyle recommendations (sleep, movement, stress-management, etc)
- Initial Supplement Recommendations - with dosing notes and online ordering instructions

Further email support/ care is not included in this plan. Follow-up visits can be scheduled as-needed at a non-care rate of \$300 per 45 min.

\$1000
ONE TIME PAYMENT

CARE PLAN

In-Depth Functional Medicine Guidance to Include:

- Lab Review Appointment with the functional medicine team to review your lab results
- Personal Nutrition Appointment to discuss nutrition changes and guided implementation based on your lab results
- (5) Follow-Up Progress Checks with the functional medicine team, *scheduled as needed over the first 4-6 months.*
- Advanced follow-up lab testing (LabCorp) and Comparison Review Appointment
- Unlimited email support for the duration of care
- 10% Discount on supplements through our online dispensaries
- Access to community partner discounts

\$3700
PAYMENT PLANS AVAILABLE

CUSTOM

All Care Plan Features PLUS:

- Optional add-on services at The Facility (chiropractic, physical medicine, mental health therapy)
- Optional in-home add-on services (kitchen/pantry cleanout, product overhaul, educational grocery shopping trip)

\$ VARIES



AT-A-GLANCE PLAN COMPARISON

	DIAGNOSTIC	FM CARE	CUSTOM
LAB FINDINGS APPOINTMENT	✓	✓	✓
INITIAL ACTION PLAN (PDF)	✓	✓	✓
FOLLOW-UP APPOINTMENTS	✗	✓	✓
UNLIMITED EMAIL SUPPORT	✗	✓	✓
FOLLOW-UP LAB TESTING	✗	✓	✓
10% SUPPLEMENT DISCOUNT	✗	✓	✓
IN-HOME SERVICES OPTION	✗	✗	✓

TOTAL COST:

\$1000

\$3700

\$3700+





1. Start with an INITIAL CONSULT (90 mins, \$375)

When you book your first visit, we will send you (digital) new patient forms to be completed. This includes a comprehensive history and gives us background information on your symptoms, interventions, diet, supplements, medications, and current concerns. We ask that you provide any relevant medical records or laboratory testing results from the last 2 years. We will review these documents and forms prior to seeing you in person to best optimize your time. >> Unlike other doctor visits, this initial appointment will take time! Plan to spend 90 minutes with us.

In the office, Dr. Rasmussen will conduct a problem-based physical examination and a full history. Our functional nutritionist, Kate, or our health coach, Taylor, will participate in the initial visit and collect a dietary inventory. At the conclusion of your first visit, Dr. Rasmussen will discuss which laboratory and biomarker analyses need to be initially performed to gain deeper insight into the root cause(s) of your concerns.

Within 1-2 days, we will follow up with extensive appointment notes and an outline of recommended tests and initial care. Taking our time to properly work-up a patient's case yields much better results in the long-run. We will work together in collaboration to develop a treatment plan that is right for you.

2. Proceed with Lab Testing ([see SAMPLE outline](#))

Should you choose to proceed after reviewing the proposed testing and care, we will place lab orders on your behalf. You can expect that the minimum lab testing will include the Comprehensive Bioscreen from LabCorp. This can be done all over the country (great news for our distance patients!) Other test kits will be shipped to your house, and include pre-paid shipping labels to return to the lab.

LabCorp results typically come back within 5-7 days of completing a blood draw. We will reach out when we get a report, and decide together whether to schedule a review visit or wait on the remaining test results. Other Functional Lab Tests like stool testing, hormone testing, and nutrient assays may take 2-3 weeks.

3. Report of Findings Appointment (included in care costs)

At the Report of Findings appointment, we will review ALL lab results with you. We spend time explaining every marker- not just the ones that flag as abnormal. It is important to us that you understand the biochemistry in context. This appointment can feel like information overload, but we'll do our best to follow-up with clear notes and resources to connect the dots. With the complete picture in front of us, we're ready to recommend specific dietary, lifestyle, and nutrition changes. This is 'commencement of care' - where the true healing can begin. You will walk away from this appointment with an INITIAL ACTION PLAN and may choose to proceed with in-depth functional medicine guidance.

THE PROCESS - in detail- ongoing FM CARE



Should You Choose to Proceed with in-depth Functional Medicine Care, here's what's next:

4. Nutrition Consultation (included in care costs)

After giving you time to digest the information and settle in to a few changes, you'll come back to meet with one-on-one with Functional Nutritionist, Kate or our health coach, Taylor. This appointment is a chance for us to discuss what's going well, what challenges you're facing, and get very specific with food choices and patterns FOR YOU. It is unrealistic for you to take a Therapeutic Diet Guide or Food List and follow it without direction. We find much better outcomes when you spend the time talking through an implementation strategy that matches your daily life. We will provide specific recommendations, recipes, shopping lists, and other resources so you can feel confident (and satisfied).

5. On-Going Care/Support (included in care costs)

Over the first three to four months, you'll meet with our Functional Medicine Team regularly every 3-6 weeks. Communication is vitally important for your success, not only from a motivational standpoint... but so we can tackle challenges and setbacks as they arise. You will have unlimited email access and regular virtual check-ins throughout the process. During appointments, we will review progress, adjust supplements, layer on new lifestyle habits, and adapt nutrition recommendations.

6. Follow-Up Lab Testing and Review (included in care costs)

Around the four month mark, we'll repeat some of your initial labs. This gives us a chance to assess progress with real data and make any shifts in care. Similar to before, we'll put in an order at LabCorp for bloodwork. You'll schedule it on your own time, and we see results in our portal fairly quickly. We will then schedule a Lab Comparison appointment to review the results in detail with you.

At the conclusion of the initial 4-6 month period, we will collaborate with you on what on-going care looks like. Most patients settle in to seeing us for check-ins monthly, quarterly, or yearly on an as-needed basis. You become a Facility family member: and we're here for you when new challenges and questions arise.

Payment Details: The Facility Diagnostic Report—

What's Included:

- (1) Extended Report of Findings Appointment (90 Mins)
- Initial Action Plan PDF — *with nutrition recommendations and resources + lifestyle recommendations (sleep, movement, stress-management, etc)*
- Initial Supplement Recommendations — *with dosing notes and online ordering prescription*

Total Cost: \$1000

PAYMENT OPTIONS:			Due Initially		Auto-Debit (at 30 days)		Total Cost of Services
Prepayment in Full		\$	1,000.00			\$	1,000.00
Two Installments	+10% service charge	\$	550.00	\$	550.00	\$	1100.00

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- Please note this option does not include email support
 - Follow-up appointments can be scheduled as-needed at non-care rate of \$300/45-min

Payment Details: The Facility Functional Medicine Care Plan—

What's Included:

- (1) Report of Findings Appointment (60 Mins)
- (1) Initial Nutrition Consultation + Custom Nutrition PDF (60 Mins)
- (5) Functional Medicine Progress Checks (45 Mins)
- Personalized Follow-Up LabCorp Testing, at 4 months
- (1) Follow-Up Lab Review Appointment (60 Mins)
- On-going Email Support for the duration of care, as needed
- 10% Discount on Supplements in-house and through our online dispensary
- Community Partnership Discounts

Total Cost: \$3700

PAYMENT OPTIONS:		Due Initially	Monthly Auto-Debit	Total Cost of Services
Prepayment in Full		\$ 3,700.00		\$ 3,700.00
Equal Monthly Installments	+10% service charge (with 4 month agreement)	\$ 1017.50	\$ 1017.50	\$ 4070.00
Extended Payment Plan	+15% service charge (with 6 month agreement)	\$ 709.17	\$ 709.17	\$ 4255.00

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- Additional services at The Facility (chiropractic, movement-based rehab, mental health therapy, PEMF therapy) can be bundled at a discounted rate in your care plan. Please let us know if you're interested in these services.