

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 doctor 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 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 is a case fee?

With our Functional Medicine care, we charge a monthly case fee. We understand that open and on-going communication is essential during the initial phase of dietary and lifestyle changes. This fee allows for the time we spend outside of visits on your behalf: emailing, consulting, and collaborating.

The **case fee** will include:

- Email communication with Dr. Rasmussen and Kate for the duration of care
- Regular email check-ins with a Functional Nutritionist
- 10% off supplements
- Add-on PEMF Sessions at discounted rate of \$75/hour
- 50% off interpretation fees on any follow-up testing

What's not included?

You will be responsible for the initial visit cost (\$275) at the time of the appointment. We will follow up with your personalized outline of testing costs and three-or-four month care plan.

Lab testing recommendations and care plans do not include supplement purchases or any follow-up lab testing costs. Supplements will vary month to month and can average from \$50 to \$200; depending on complexity of issues.

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

THE BIG PICTURE STEPS - in detail



1. Start with an INITIAL CONSULT (90 mins, \$275)

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, 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 pricing 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 testing/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.

4. Nutrition Consultation (included in testing/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. 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. Kate will provide specific recommendations, recipes, shopping lists, and other resources so you can feel confident (and satisfied).

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

Over the first three to four months, you'll meet with Kate and Dr. Rasmussen 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.

At the conclusion of the initial 3-4 month period, we will collaborate with you on what on-going care looks like. Sometimes, follow-up testing is relevant. Often, your symptoms (or lack thereof) will dictate that decision. Most patients settle in to seeing us for check-ins monthly, quarterly, or yearly. You become a Facility family member: and we're here for you when new challenges and questions arise.

SAMPLE Outline of Care + Testing (following Initial Visit)

****Please note this is a SAMPLE to get an idea of testing and care costs. Your specific plan may vary, particularly when it comes to testing. Please view thefacilitydenver.com/functionaltesting for more details on other functional tests and costs.**

Laboratory Tests Recommended	Type of Test		Total Lab Cost
Comprehensive BioScreen	Blood	(Blood Draw at any Labcorp)	\$ 300.00
LabCorp Add-on Tests:			
Insulin	Blood		\$ 15.00
DUTCH PLUS Hormone Test (Precision)	Urine/Saliva	(At Home Test Kit)	\$ 475.00
GI EFFECTS Stool Test (Genova Diagnostics)	Stool	(At-Home Test Kit)	\$ 565.00
Lab Fees Total			\$ 1,355.00

Due Initially

Treatment Recommended	Schedule	Quantity	Service Price	Total Cost
Report of Findings, 60 mins, Kate + Dr. R	Week 0	1	\$ 200.00	\$ 200.00
Initial Nutrition Consultation, 60 mins, Kate	Week 1	1	\$ 105.00	\$ 105.00
Joint Functional Medicine - Nutrition Visit, 60 min, Dr. R + Kate (TeleHealth Possible)	At 3, 6, 9, 12, 16 weeks	5	\$ 180.00	\$ 900.00
Functional Medicine Case Fee @ \$175/month			\$ 700.00	\$ 700.00
Materials Fee			\$ 15.00	\$ 15.00
Care Plan Total			\$ 1,920.00	

**Due at Second Appt (ROF)
—(See pricing table options)**

Payment Options for FM CARE:

PAYMENT OPTIONS:		Due Initially	Monthly Auto-Debit- (next 3 months)	Total Cost of Services
Prepayment in Full		\$ 1,920.00		\$ 1,920.00
Equal Monthly Installments	+10% service charge (with 4 month agreement)	\$ 528.00	\$ 528.00	\$ 2112.00
Per Visit	Case Fee Billed Monthly, Visits Charged As needed.	\$175 + First Visit Cost (\$200) + Materials Fee (\$15)	\$ 175.00	

Timeline of Care:

Week

Now	Order and Complete Lab Tests	
0	Report of Findings - with Kate and Dr. Rasmussen	Review Lab Results + Initial Supplement/ Lifestyle Recommendations
1	Initial Nutrition Consult 1-on-1- with Kate	Discuss initial nutrition changes based on lab results and symptoms
3	Joint Progress Check w/ Kate + Dr. R	Follow-up Visit
6	Joint Progress Check w/ Kate + Dr. R	Make nutrition changes as needed after first 6 weeks.
9	Joint Progress Check w/ Kate + Dr. R	Follow-up Visit
12	Joint Progress Check w/ Kate + Dr. R	Follow-up Visit
16	Joint Progress Check w/ Kate + Dr. R	Assess progress; discuss next steps