

# Clinical Paradigms

## Exhibit A

Effective 11/19/2021

Dependent on the nature and detail of the Client's needs, there are several opportunities and services detailed below.

### Medical Nutrition Focused Services

#### 1. Intake Package:

All clients begin with a 2-part intake (2-appointment assessment) process. This process begins with a 1-hour appointment with our health coach who will assess environmental, lifestyle, and emotional triggers. The health coach may offer first line of defense strategies that assist in the reduction of environmental exposures and guidance on mind-body techniques to help manage stress.

A second 1-hour appointment with our nutritionist will assess current dietary intake and gastrointestinal symptoms. This appointment will allow for an analysis of total caloric intake, vitamin and mineral status, possible dietary triggers, bowel function and overall wellness. These appointments are designed to obtain accurate health information to be relayed to the primary provider and are not designed to execute a complete health care plan.

The total cost of this service is \$325.

### Packages

#### 2. Neural Retraining Package:

This package includes 8 hours of neural retraining with a Neural Retraining Specialist or Coach. The total cost of this service is \$1000 (a \$200 savings) which may be divided into 2 monthly payments of \$500 for your convenience.

### Appointments with our Doctors

- Intakes with any of the doctors on our team and follow-up appointments are available and are charged by practitioner per hour. Most patients require follow up with one or more staff members for care. Rates for each appointment type include:

#### Rates in 2021

- Dr. Anne Maitland Intake (0.75-1.0 hour—including a chart review): \$1200
- Dr. Anne Maitland follow up: \$475/hour
- Dr. Isabelle Brock intake (1 hour): \$500

# Clinical Paradigms

- Dr. Isabel Brock: \$250/half hour
- Dr. Pizano Intake (1.5 hours—including a chart review): \$600
- Dr. Pizano follow up: \$300/hour
- Overtime rates (applies whenever an appointment goes past the schedule hour or half hour).
  - Dr. Maitland: \$75/15 minutes
  - Dr. Brock: \$75/15 minutes
  - Dr. Pizano: \$75/15 minutes

## **Rates in 2022 (Effective January 1, 2022)**

- Dr. Anne Maitland Intake (0.75-1.0 hour—including a chart review): \$1200
- Dr. Anne Maitland follow up: \$475/ half hour
- Dr. Isabelle Brock intake (1 hour—including a chart review): \$650
- Dr. Isabel Brock: \$300/half hour
- Dr. Pizano Intake (1.5 hours—including a chart review): \$700
- Dr. Pizano follow up: \$350/hour
- Overtime rates (applies whenever an appointment goes past the schedule hour or half hour).
  - Dr. Maitland: \$75/15 minutes
  - Dr. Brock: \$75/15 minutes
  - Dr. Pizano: \$75/15 minutes

## **Additional Staff Appointment Rates**

- CNS nutrition appointments: \$175/hour
- Neural Retraining: \$150/hour
- Pilates: \$100/hour or \$50/half hour (Packages are available. Please inquire for details.)

## **24-Hour Cancellation Fee**

4. If you need to cancel or reschedule an appointment, please contact us at least 24 hours prior to your scheduled appointment. Barring an emergency, if not contacted at least 24 hours prior, there is a \$100 fee.

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## Package or Service Selection

*Please indicate your selected package and return this document with your intake forms.*

**Name:** \_\_\_\_\_ **Selected Service:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*Note: If you are currently under contract with the main practitioner, you will be grandfathered in with the package you agreed to until your scheduled time expires. At the end of your package you will be updated to the new rates. Previous clients are not required to re-submit the initial consultation if scheduling for a new package.*

**Dr. Anne Maitland, Dr. Isabelle Brock, Dr. Jessica Pizano**