



## **After Your First Appointment...**

### **SUBMITTING YOUR INSURANCE CLAIM:**

Your receipt has the diagnostic and therapeutic codes on it (ICD-9 and CPT). You can submit this form to your insurance company or recopy the information onto their form. **Be sure to make copies for your own records.**

### **FOLLOW-UP**

To make an appointment online, you can use the link on my webpage (to login the first time use your first and last name together without spaces in lowercase as your username and password). Be sure you mark to receive an appointment confirmation/notification. This sends an email to confirm that the appointment has been made. *If you do not receive an email confirming your appointment, you do not have that time slot reserved.*

Or, you can call me to schedule an appointment if you do not have internet access.

**Lab results and other studies will automatically be mailed to you. To keep costs down, please do not contact me for labwork results unless you have not received the results and the follow-up appointment is in a few days.** Please make the follow-up appointment as planned, and we will discuss the lab results then.

For Phone Consults, I will call you (you can email a preferred number beforehand if desired)

### **PHLEBOTOMY SERVICES**

1. Labcorp: Labcorp.com 5450 Knoll North Dr, Columbia, MD 21045 410-997-7648
2. Quest: Questdiagnostics.com or 800-377-8448 to find the nearest one to you.  
11055 Little Patuxent Pkwy 202, Columbia, MD - (410) 740-0063
3. Mobile Phlebotomy Services (Call for exact fee: for tests separate from Labcorp/Quest, or to get the blood work drawn at home and not have to wait in line)  
Brenda 443-850-9278
4. Montgomery General Hospital  
301-774-870
5. Howard County Hospital  
410-740-7890
6. BW Medical Center  
UMMC  
410-787-4000

### **SUPPLEMENTS**

I sell a very few select supplements out of my office. I find that for most supplements, there are many good sources available to the consumer. Roots marketplace, which carries wide range of high quality supplements is located at 5805 Clarksville Square, Clarksville, MD 21028, 443-535-9321.

*Note for all supplements:* Generally not meant for lifetime. For herbs especially, should not be taken indefinitely and generally give at least 1 day off so your body doesn't get dependent. You should read about each herbal supplement at [www.naturalstandard.com](http://www.naturalstandard.com).

### **LAB KITS**

Follow the instructions on the kit. Please complete all the incomplete information (your address, date/time, etc). ICD-9 codes should already have been filled out. Generally, they should not be mailed on a Friday or Saturday.

### **FEEDBACK**

Your feedback helps me improve my practice. Please take a moment to complete the online survey.

It is an honor to be part of your healing journey. Thank you.