

## Do you see kids?

We can not currently accept children in the membership model where we can bill insurance for some labs or provide prescriptions/medical management. You will still need to have a pediatrician.

Tressa can see people under 18 years of age for Functional medicine consultations. We use our old fee-per-appointment scale for this. They are \$329 initial (2 hr), \$165 follow up (55 minutes) plus any lab analysis fees (\$20-40 per lab). Expect the cost of Functional med labs and supplements in addition to this

## What if I want to change my membership?

You can cancel your membership for any reason with 30 days notice by sending a paper letter to our office:

InHealthRVA  
5540 Falmouth St Suite 307  
Richmond, VA 23230

You will get a full refund, minus the 30 days notification. You will be responsible for charges up to 30 days from the time we receive your letter. So that's basically one more monthly payment and any other bills incurred during that 30 day notice period.



# WE STRONGLY BELIEVE IN PROVIDING THE BEST MEDICAL CARE.

## A note from our founder: Tressa Breindel

Here at InHealthRVA everything we do is grounded in our vision & mission:

**Our Vision:** We believe that all people deserve the option for optimal health in order to manifest their full potential

**Our Mission:** To support our communities optimal health by providing the best of root-cause and Integrative Health practices.

## Meet Our Team

Tressa Breindel, LAc, MSOM

McKinley Lawler MSN, APRN, FNP-BC

Lydia Fairhall - Patient Coordinator

Marian Corbett - Patient Coordinator



## CONTACT

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## Frequently Asked Questions



# FAQ



## Other Costs

### How much is FM testing?

Most Functional labs don't have much insurance coverage and run between \$100-400 each. Expect to run 1-3 of these labs after your first appointment but we always work with you to personalize testing and protocols to both your energy and budget.

### Do I have to do follow up testing?

Nothing is required, though we do prefer to confirm with follow up testing so you we know we've done thing properly. You'll decide with your provider if and what follow up testing is right for you.

### How much are supplements?

After diet & lifestyle, one of our main therapeutic tools are herbs and nutraceuticals. Again, we always work to do what you want, but do expect to do protocols utilizing these natural methods. Monthly budgets range from \$100-300 on average.

You get a discount on supplements as a member through our practitioner-grade distributor FullScript. (15% for Advanced FM; 10% for Basic FM)

## Insurance

We accept most major insurances including Medicare. We bill for your appointments the same as your regular PCP or other doctor's offices. Expect the same copays and deductibles for appointments and procedures with us. It is always the patient's responsibility to know or check their insurance coverage for labs and services.

### Will my insurance cover labs?

**LabCorp.** We use LabCorp for general blood work who bills your insurance as usual. We may ask for more in-depth blood work. Whether that is covered is different depending on your insurance. We always work with you to order what is needed without undue costs, but it is always the patient's responsibility to know or check their insurance coverage for labs and services.

**Functional labs.** Advanced FM labs allow us to investigate and treat parts of you that unfortunately conventional medicine does not yet do.

Private insurances cover partial to no FM labs. If you are on Medicare (>65 years old) has some better coverage for some of these labs. Examples include gut microbiome, SIBO, DUTCH hormones, organic acids and many more.

Functional medicine lab testing is available through the Advanced and Basic Functional medicine tiers only.

**No Insurance:** We offer standardized co-pays in lieu of insurance billing for appointments and direct-to-patient LabCorp. The latter has substantially discounted prices on the same LabCorp tests by bypassing insurance billing and may still be a good option for those with high deductible plans or for whom we need labs your insurance won't cover.

**Medicaid:** We don't accept Medicaid insurance. You will be responsible for the membership fees and any additional costs out-of-pocket.

**Medicare:** We accept Medicare.

**Learn more about our membership programs by visiting our website:**



## Why Memberships?

The membership pays for all the extra time and expertise we need to provide proper root-cause and wellness care. Until insurance reimburses for this type of care and testing, we would not be able to stay open to serve you. without memberships.

We pride ourselves on offering the most affordable Functional and Integrative memberships you can find while still leading in quality and expertise.

### What's the difference between Basic & Advanced Functional med tiers?

The first two appointments (initial analysis and follow up analysis) are essentially the same.

The difference comes after, in the amount of time and work it required to get peel back the layers of your health and optimize wellness. The Advanced tier allows us more time, both with you and working on your case, throughout the year.

### What are the different membership costs?\*

Payment Plan		
	Down Payment	Monthly
<b>Advanced</b>	\$500	\$165
<b>Basic</b>	\$500	\$125
<b>Integrative</b>	\$150	\$58

