



# saskatoon NATUROPATHIC MEDICINE

We are so happy you chose Saskatoon Naturopathic Medicine to be part of your healthcare team. Our goal is to leave you feeling supported and optimistic that you can make significant improvements or even complete resolutions of the health concern(s) which brought you to us in the first place.

To get the most out of your care, it is important to keep in mind the following:

1. **If you have any questions** after a visit regarding what you spoke about with your ND, or in regard to something on your treatment plan, please book in a 5-minute appointment (at no charge) to clarify so you can proceed with complete understanding and confidence. We also want to hear from you if you are experiencing any new concerning symptoms after beginning a supplement or significantly changing your dietary plan.
2. If any **supplements** have been recommended by your ND to support your health goals, you are welcome to purchase them wherever you choose. We carry a dispensary of products at the clinic which have been specifically chosen by our naturopathic doctor for their quality and purity. We are diligent in keeping all products in stock; however, if you require a refill of any product from our dispensary, it is always a good idea to call ahead and ensure that we have what you need available.
3. **Please bring your treatment sheet or a picture of it** on your phone when you come to pick up your supplements. This helps to ensure you leave with the correct product as there are many similar items in our dispensary. As well, it is our office policy to have an expiry date on all treatment sheets – for your safety, our clinic will only dispense items from our dispensary with a current treatment sheet. If your treatment sheet needs to be renewed or updated, simply schedule a brief consult for us to do so.
4. **Frequency of your appointments** will depend on your concern(s) and the specifics of your treatment plan. Regular follow-ups are recommended to ensure you are maintaining the benefits of your care and to help you build other areas of your health so you may age well and prevent future illness. We know that health is not merely the absence of disease (according to the World Health Organization) but rather a state of complete physical, mental, and social well-being. We can help you work towards optimal health by **checking in every 3-4 months** to:
  - a. **Review the vitamins and supplements that you are taking.** It is important to ensure they are still safe for you to take especially if there are changes to your health or prescription medications. Some may no longer be necessary for you to take and/or may need to be replaced to ensure ongoing success.



## saskatoon NATUROPATHIC MEDICINE

- b. **Review your recent bloodwork together.** Your ND will be looking for changes in health markers (hormones, inflammation, etc.) or indicators of potential nutrient deficiencies.
  - c. **Address new concerns or symptoms that may arise.**
  - d. Provide options for how you may use any residual naturopathic health coverage on **laboratory testing** that is not available through the public health care system. This can offer more detailed information about the function of your body. Examples include food sensitivity testing, advanced hormone testing, digestive stool analysis, and/or comprehensive nutrient analysis.
5. If you have an **acute, non-emergent health concern** arise, you are welcome to book a telephone consultation to discuss. If your ND can provide timely advice that may help prevent the need for pharmaceutical treatment, they would be happy to.
6. Our website lists a **comprehensive fee schedule** for all consultations and includes fees for acupuncture, massage, IV, and injection services.

Thank you for taking this step toward better health and for trusting us with your care. We will work diligently to help ensure you are satisfied with the results you receive. Please do not hesitate to bring up any questions or concerns about your experience at our office. Your success is our priority.

**Yours in Health,**

**Saskatoon Naturopathic Medicine**