

Functional Holistic Healing

Frequently Asked Questions

1. Can I have Dr. Ali as my primary care physician?

Dr. Ali is not a primary care physician. She is an Integrative, Functional/Holistic physician who can help you prevent, heal and reverse your chronic health problems. She will work with your primary care doctor to accomplish your health goals.

2. Are Integrative Functional/Holistic labs covered by Insurance?

Regular labs are covered by insurance. Most Functional labs are not covered by insurance.

3. What does the cost of Initial Functional/Holistic Consultation cover?

The initial consultation is an essential step in the Holistic/Functional approach. The cost of initial consultation covers

- 60 minute face time with physician
- Review of the detailed questionnaire completed and submitted by the patient at least 3 days before the appointment. The questionnaire focuses on diet, exercise, medical symptoms, exposure to infections

disease and empowerment of individuals to heal themselves.

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and toxins, physical and emotional trauma, lifestyle, sleep, social support including relationships and genetic tendency.

- Pre-visit identification of useful resources for the patient and preparation of material that will optimize diagnosis and healing of the patients.
- Review of medical records and consultation records, labs and radiology tests.
- Functional testing, instructions and facilitation in conduction of these tests.
- Access to quality nutraceutical products
- Personalized healing experience through provision of a life map by your provider that outlines the core health issues that you have experienced and the potential causes that underlie the health problems identified.
- The physician will also create a plan with the input from the patient that outlines the next steps in terms of the lifestyle changes, natural supplements, diagnostic testing and referrals to resources.
- Tools and materials to track progress as well as obtain a better understanding and application of the holistic approach.

4. What does the cost of follow-up consultation cover?

Depending on the unique needs of each patient the follow-up visit cost can cover

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the following areas. It is not possible to cover all areas at one time hence the patient and provider prioritize the areas that need to be covered during the follow-up visit.

- Individualized nutrition consultation

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- Personalized Mind Body Techniques
- Personalized exercise or yoga mudras recommendations
- Functional test results, analysis and discussion.
- Assessment of progress
- Additional evaluations and assessments to measure progress towards healing and wellness.

5. Can I have a virtual or phone appointment with Dr. Nadia Ali?

For **Pennsylvania Residents:**

You can have your initial and follow up appointments done virtually. We will require you to send us a check* prior to your appointment or we will take your credit card payment over the phone on the day of your appointment. Please note, all credit card payments will have an additional 5% fee.

For **Non-Pennsylvania Residents:**

You cannot have your initial appointment done virtually. You will have your

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initial consultation in person. However, you will be able to have subsequent follow-up appointments done virtually. We do require that you are seen in person at least once a year.

We will require you to send us a check* prior to your appointment or we will take your credit card payment over the phone on the day of your appointment. Please note, all credit card payments will have an additional 5% fee.

* Checks can be made payable to Functional Holistic Healing or Dr. Nadia Ali

6. How are Virtual Appointments conducted?

Virtual visits are conducted via Zoom.

Zoom is video conferencing software that can be accessed by clicking a link (sent to you via email) through your laptop, ipad, iphone and/or android. A Telemedicine Consent Form needs to be completed and sent along with your Intake Forms prior to the initial or follow-up virtual consultations.

7. Does Dr. Ali prescribe medications?

Yes, Dr. Ali prescribes medications, supplements, nutrients, minerals, amino acids, ayurvedic and chinese herbs as well as essential oils for aromatherapy.

8. How is Dr. Ali's nutrition consultation different from that of a conventional dietitian?

Dr. Ali provides Functional/holistic nutritional consultation which is personalized and takes into account the unique physical, hormonal, physiological

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and emotional aspects of an individual.

9. What symptoms and diseases are Dr. Ali's primary focus?

Dr. Nadia Ali's areas of expertise include anti-aging as well as chronic diseases such as Diabetes, heart disease, autoimmune diseases, hormonal imbalances, pain, fatigue and gut disorders. Check our website for a comprehensive list of conditions.

10. Does Dr. Ali accept health Insurance?

A lot of services provided by Dr. Ali are not covered by health insurance. She is not currently taking any health insurance. She can provide you with a superbill that you can submit to your insurance company for billing. Below are some of the possible ways to get reimbursement for functional services:

- PPO insurance plan
 - If you have PPO insurance, then it will cover 70-90% of your medical cost of seeing your functional doctor depending on your plan. Please call your insurance company to find out more about your reimbursement.
- Health Savings Account
 - Many insurance companies offer a tax free health savings account. This

can be used to pay for your functional/holistic health consultations. You can find out more by contacting your employer and/or insurance company.

- Flexible Spending Account (FSA)
- If you are enrolled in a tax-free FSA through your employer then that

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can be used to reimburse your visit.

10. What is the cost of Initial and Follow-up Functional/Holistic consultation?

Initial consultation: \$395 (Check/Cash price \$375)

Follow-up: \$190 (Check/Cash price \$180)

If you have other questions then contact us via our website

www.theholistichealing.org or call us at **610-363-3973**.

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