

**David Health International**

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# **Naturopathic Home Care Service**



# Why do you need this service?

## 1. Convenient and Time saver

We live in a fast-paced world and often it seems that medical visits can really disrupt your entire day as they take time to schedule, travel to and from and sit in waiting rooms, let alone the time needed for the actual appointment. Having someone come to your home means that you can avoid completely disrupting your day and see a medical professional when it is most convenient for you and without leaving your home.

Some health conditions make travelling especially difficult and the added physical and emotional stress of getting to your appointment may worsen your condition. If you suffer from a chronic health condition that needs regular appointments with your doctor it can seem too overwhelming to add even more appointments to try and see a complementary health care provider. Why not let a naturopathic doctor come to you!



## 2. Staying away from a doctor's office where you are surrounded by sick people

When you are sick and not feeling well, the last thing you need is to surround yourself with other people that are sick and can pass on their germs and make you even worse. Maybe you or a loved one has a serious medical condition or are taking medications that already depresses your immune system? This makes heading out to a doctor's office an actual risk to your own health! Staying in your own home means you are more comfortable and protected from outside germs. If you have children, you also don't need to worry about your child getting sick waiting with you in the doctors waiting room or getting child care while you are away at your appointment.

## 3. Doctor can personalize your treatment even more in your own home

The home you live in can have both positive and negative effects on your health. If a doctor comes into your home, they can help makes suggestions which may improve your overall health. They can recognize factors that may improve your mobility around your home and they can identify some health hazards that may be present and offer suggestions that are even more specific to you in your home.



# What is Naturopathic Medicine?

Naturopathic medicine is a type of primary health care which combines scientific knowledge with traditional and natural forms of medicine. Licensed Naturopathic Doctors receive similar training to primary care medical doctors in a 4 year post graduate program. Naturopathic doctor will focus on finding and addressing the root cause of an illness, rather than addressing symptoms alone. A variety of treatment approaches such as acupuncture, clinical nutrition, supplementation, herbal medicine, counselling, homeopathy and body work are used to help your body heal itself or prevent illness.

## Why would I want to include a Naturopathic Doctor in my health care team?

Naturopathic doctors have medical training that allows them to understand medical treatments and how to safely incorporate natural treatment options. It is common for people to hide any natural or alternative treatments they may be self-prescribing from their medical doctor. This can be dangerous, lead to harmful interactions and potentially interfere with the effectiveness of current and future medical treatments. A naturopath can make sure that they effectively communicate and collaborate with your medical professional to safely prescribe and monitor any natural treatments and prevent harm to your health.

## What types of conditions do Naturopathic Doctors treat?

While there are some conditions that can be treated with naturopathic medicine alone, there are many which may be best to be treated in conjunction with conventional treatment to either improve the overall effectiveness of treatment or help improve quality of life and help minimize the side effects of drugs, surgery and other conventional therapies. Some common conditions that naturopaths treat include:

- Digestive disorders- eg. IBS, IBD, Food Intolerances, Indigestion, Constipation
- Autoimmune conditions- eg. Lupus, Hypothyroidism, Multiple Sclerosis
- Chronic diseases- eg. Diabetes, Heart Disease, Obesity, Arthritis
- Hormonal conditions- eg. Infertility, Adrenal Fatigue, Menopause, PCOS, BPH

## A brief History of Naturopathic Medicine in Canada

Naturopathic Medicine was introduced to North America in 1902 by Dr. Benedict Lust and regulation of the profession began in Ontario in 1925. Formal naturopathic education began in Ontario in 1978 and continues to expand today as more and more people are becoming familiar with and demanding the services of naturopathic doctors. Naturopathic medicine is currently regulated in 5 provinces (Ontario, BC, Alberta, Saskatchewan and Manitoba) but all provinces are currently seeking to obtain regulation to protect the public and the profession. Depending on your province Naturopathic Doctors may also be licensed to prescribe some pharmaceutical medications, offer IV therapies and perform minor surgery.

# How does home care work?

A licensed naturopathic doctor will travel to your home and bring all the necessary equipment required for the visit. Generally, visits can take place anywhere you are comfortable in your home, but a bed or comfortable place to lay down may be required for some physical exams, acupuncture and some other treatments. The fees for home visits will vary based on distance, time of day and treatment type and length of appointment.

## Appointment and Fee Structure

### **Initial Consultation: 60-90 minutes → \$180**

The naturopathic doctor will spend a significant amount of time during the initial consultation gathering extensive information about your personal health history, current symptoms and health concerns. The goal in the first visit is to gain an understanding of your overall health, help determine the root cause of your symptoms and create a plan to best treat not only your primary symptoms but to support your overall health. Sometimes further information is needed beyond what is gathered in the first visit (such as obtaining results from lab tests) before a full treatment plan can be prescribed.

### **Follow Up Consultation: 45 minutes → \$90**

Follow up consultations will be required to review lab tests (if applicable) and determine if the prescribed treatment plan is working or if modifications need to be made. The length of time and number of follow up visits required will depend entirely on the individual and their health concerns. Your naturopath should be able to give you an idea of the time and frequency of follow up visits required for your particular case after the initial consultation. However, health is a dynamic state and can't always be predicted and thus the frequency of visits may not always be foreseeable

- 30-minute appointments are booked if only a brief check in is needed
- 60-minute appointments are booked for more extensive follow ups, lab review, new symptoms and significant changes that may be required to your treatment plan

### **Acupuncture: 45mins → \$85**

When acupuncture is desired by the patient or recommended by your naturopath, each acupuncture treatment will usually involve a brief check in before the needles are placed. The needles are usually left for 30 -40 minutes while you are encouraged to relax, meditate or even take sleep.

### **Fee for Travel Time: variable**

Travel time is billed based on the distance needed to travel to get to and from your home or the place that is convenient for your appointment. This fee will be added to the fees listed above and quoted to you once your appointment request has been reviewed.



# Frequently Asked Questions



## Is it covered by OHIP?

Naturopathic medicine and the home visit are not covered by the Ontario Health Insurance Plan, however most private or work based extended health insurance plans will provide some coverage for appointments with naturopathic doctors. Check with your individual provider to find out your specific coverage for naturopathic care.

## How do I Book an Appointment?

Booking an appointment may be done through the websites online booking request. Once the request has been reviewed you will receive notification if the practitioner is able to accept your appointment request within 24 hours. While we will do our best to accommodate your request, there may be a variety of reasons for which your request may not be accepted by one of our practitioners and thus we cannot guarantee any appointment request that is made. Practitioners may also from time to time need to cancel and/or reschedule your appointments. Every accommodation possible will be made in these cases to ensure that you receive a timely rescheduling of your appointment or transfer of care to another practitioner if that is deemed more appropriate.

## How Does Payment Work?

A credit card is required to secure your appointment however you will not be charged until the completion of the visit. Payment is required immediately at completion of the appointment and you will be provided with a receipt upon payment that you can use to make a claim with your private insurance provider if applicable. Credit and Debit cards will be accepted for payment.

## Can I cancel my appointment?

Please contact your assigned naturopathic doctor directly to cancel your appointment. If notification of cancellation is less than 24 hours prior to the start of your appointment you will be charged the full appointment fee. If cancellation occurs less than 2 hours prior to the appointment time then the full appointment fee and travel fee will be charged.

## Can I have an appointment at my office/ place of work?

Yes, provided that you are comfortable having your visit at your office and you can provide a space that is private and appropriate for a medical consultation. If a bed is needed for acupuncture, physical treatment and/ or examination the consultation area must be large enough to accommodate a massage table and safe maneuvering around it. Let us know and the naturopathic doctor can come with a portable medical table for the visit.

# Terms of Service

**Non-emergency Visits:** Naturopathic medicine and home care visits are not meant for emergency medical situations. Should you find yourself experiencing a medical emergency that requires prompt attention please call 911 or visit your closest emergency room.

**Not a replacement for a regular family doctor:** While a naturopathic doctor can provide you with primary medical care it is advised that every patient still have a regular family medical doctor. A naturopathic doctor is happy to communicate your care plan with your family doctor to help provide you with the best care possible.

**Additional Fees:** As the nature of each patient visit is unpredictable there may be additional charges depending on each individual case which can't always be predicted prior to the appointment. This may include things such as lab tests and requisitions, medical notes and procedures such as acupuncture and injections.

**Late cancellation and No-Show Policy:** Full payment of the appointment will be charged if the appointment is not cancelled more than 24 hours in advance. If the appointment is cancelled less than 2 hours prior to the start time or in the case that the patient is not present at the agreed upon location for the appointment within 15 minutes of the scheduled start time, then the full appointment and travel fee will be charged.

**No Refunds or Insurance Reimbursement:** There are no refunds available once the appointment is complete and no guarantee will be made regarding your ability to receive any reimbursements from your insurance provider for the amounts you pay for the appointment or additional services and procedures.

**Safe location for home visits:** The appointment location must be considered a safe and sanitary place for a visit to take place which will be evaluated by the visiting naturopathic doctor. Should the naturopathic doctor feel that the environment poses risks to either the patient or practitioner then the appointment will need to be rescheduled for another location and the full visit and travel fee will be charged at that time. The level of privacy at the appointment location is directly related to the location that you choose and thus you should consider your level of comfort when selecting this location as the practitioner has little to no control of the specifics of the location.

**Minors:** Appointments for a patient under the age of 18 must be booked and attended by a legal guardian over the age of 18 years of age. No visit will be allowed to a person under the age of 18 without a guardian present. A consent for treatment must be signed by the legal guardian as well as the minor who is deemed old enough to do so.

**Communication:** From time to time email and or text messages will be used to communicate with you regarding your upcoming appointments, follow up care and any relevant system messages. Some practitioners may also use emails to communicate your treatment plan, prescriptions, invoices and receipt of payment. Please inform your practitioner if you would prefer email or text not be used.

**Minimum Home Visit Requirements:** To set up an account for home visits the following are the minimum requirements:

- a phone with SMS capabilities
- a valid email
- access to WiFi internet at the location of the visit
- a clean area that is free of obstructions which allows for safe movement for both the patient and practitioner



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