

Pacific Center for Naturopathic Medicine

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Rachelle Herdman, M.D.(Britain), N.D.
MEDICAL DIRECTOR

Information for Your First Office Consultation

Thank you for scheduling a time for your first office consultation. We look forward to seeing you on:

_____ @ _____

In order to make this first visit as helpful as possible, please bring with you:

1. A detailed 5-day diet diary (breakfast, lunch, dinner, snacks, beverages).
2. All herbs, vitamins, minerals and medications you take: we prefer to see the actual containers with labels, rather than a list.
3. A set of copies for us to keep of medical **test reports** (not chart notes) within the past 2 years, especially blood tests, scans, paps, ultrasounds, mammograms, bone densities and hospital or surgery reports.

If you do not have copies of your own, you can request in writing that your medical records be mailed directly to our office prior to your first visit. ***Please allow at least 2 weeks for your medical doctor's office to process this request.***

Responsibility for payment of account

Payment is due in full at the time of service for all pharmacy items and consults, unless we are contracted with your insurance company and submit a claim for your office visit.

We are preferred providers for Regence Blue Shield and Premera Blue Cross. Other insurance companies may pay out-of-network benefits if Naturopathic services are included in your plan.

Patients are responsible for payment for services received whether or not their insurance company pays. We accept cash, checks, VISA and Mastercard.

Phone consults and pharmacy items are not covered by insurance.

Our office is located at 1308 Meador Avenue, Suite 109 in Building C, in the Haskell Business Park, next door to the Excleration Driving School.