

Introductory Patient Information

Five Seasons Medical
Functional Medicine Clinic
www.fiveseasonsmedical.com
Phone: (650) 350-8046



WELCOME!

It is my pleasure to welcome you to my practice. My team is dedicated to ensuring your experience meets and exceeds your expectations.

Your care is hugely important as we believe your biggest asset is your good health. We have carefully crafted a suite of programs and services to help guide you through any necessary diet or lifestyle transitions you are looking to make.

Our priority is to provide an environment conducive for healing. We have learned that this requires the following components:

1. Tailored services and efficiency of care
2. Foundational support during transition
3. Patient education, teaching, and learning

For your convenience, we have enclosed some information about our practice and the clinical services we offer.

Our door is always open to you. We strive to be the kind of company that personalizes your health plan in a warm and welcoming environment. Let us know how we can help you feel at home in our practice.

We understand that you have a choice when it comes to your health, and we are grateful that you have trusted us to be on your healthcare team.

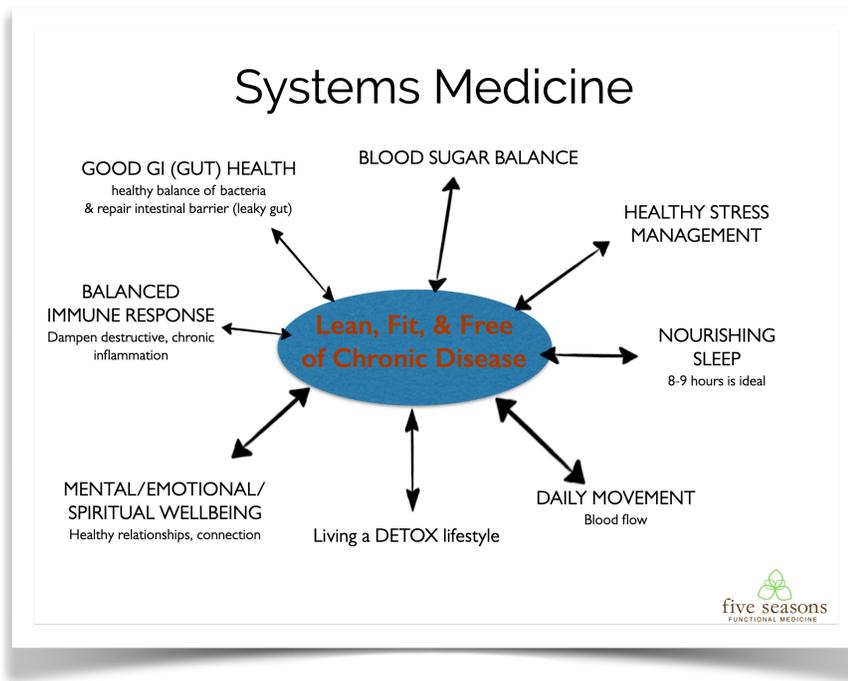
If you have any questions, feel free to call us at 650-350-8046.

Wishing you the best of health and happiness,

Courtney Jonson, LAc.

PERSONAL HEALTH MANAGEMENT

Functional Medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century.



Guidance and tools are provided to recover from chronic illness and regain your health. By eliminating negative health triggers, replacing nutrient deficient building blocks and implementing sustainable lifestyle changes, the body's self-healing mechanisms can function properly. Interventions include medical diets, proven botanicals, detoxification of toxins, specialized supplementation, homeopathy, and lifestyle modification.

KEYS TO RESTORING YOUR HEALTH & LONGEVITY

1. Address Your Nutrition
2. Balance Your Blood Sugar, Stress, and Your Hormones
3. Reduce Inflammation
4. Build a Strong Gut Microbiome
5. Enhance Your Body's ability to Detoxify
6. Regulate Your Energy & Calm Your Mind



FEE SCHEDULE

Initial Case Review Process \$560

- **Blood Chemistry: \$285 (Comprehensive Bioscreen)**
- **Initial Consultation: \$275 (60 mins)**

Your initial consultation lasts 60 minutes. During this time, we will review your medical history, relevant lab work, your metabolic assessment, and discuss treatment plans and/or programs that may be suitable for you.

Nutritional therapy as well as laboratory/diagnostic testing are integral components of your treatment plan. Nutritional and botanical support products are often recommended, and we will help you select the highest quality products. Costs of all testing will be reviewed with you before labs are drawn.

Established Office Visits & Support Plans

▶ Established Follow Ups: \$150 (30 mins)

Brief follow-up appointments may be scheduled to provide structure and keep you on track. They are also used to re-engage your case after several months being in a maintenance phase.

CHART OF PROGRAMS

All of our programs have been designed to **save time and money** in the long run by providing the necessary one-on-one time to review lab tests, modify your treatment plan, and learn lifestyle skills fundamental in developing the foundation for *your* lifelong health and self-care. In contrast to the impersonal 7-min doctor appointment, sequential follow-up sessions allow for us to push through resistant blocks that get in the way of fully transitioning into a preventative health lifestyle.

All programs include:

- Diagnostic strategy & suggestions for lab and functional testing options
- A set of specific dietary strategies along with meal plans & recipes
- Allotted funds for nutritional supplements
- Online Five Seasons program course: Learn the Keys, Live the Solution
- 1-on-1 orientation & follow up consultations
- Weekly group focus sessions

The following chart highlights a few of the differences.

Program	START FRESH Foundations Program	Live Clean Cleanse & Restore	Repair & Clear GAPS Nutrition Program
Duration	2 months (with weekly support)	4 months (with weekly support)	6 months (with weekly support)
Purpose	<ul style="list-style-type: none"> • Food Education • Blood Sugar Regulation • Inflammation Control - Immune Wind-Down • Liver Detox 	<ul style="list-style-type: none"> • Lectin Free Anti - Inflammatory Dietary Transition • Gut Repair Protocol • Inflammation Wind-Down • Autoimmunity 	<ul style="list-style-type: none"> • GAPS Nutrition Protocol • Immune, Endocrine (Hormone), Nervous System (Brain) • Comprehensive Detoxification Includes: <ul style="list-style-type: none"> ▶ 6-Stage GAPS Intro guide ▶ Personalized Supplement & Detox Guide
Support	<ul style="list-style-type: none"> • Orientation Appointment • Weekly 1-on-1 Appts • Email Support • Online Course: Learn the Keys, Live the Solution 	<ul style="list-style-type: none"> • Orientation Appointment • Weekly 1-on-1 Appts • Email Support • Online Course: Learn the Keys, Live the Solution 	<ul style="list-style-type: none"> • Orientation Appointment/Home Visit • Weekly 1-on-1 Appts • Email Support
Supplement Credits	600 <i>(included credits for therapeutic supplementation)</i>	1200 <i>(included credits for therapeutic supplementation)</i>	1000 <i>(included credits for therapeutic supplementation)</i>
Total Fee	\$2635* (\$3055 value) * includes your case review	\$4675* (\$5275 value) * includes your case review	\$6900* (\$8200 value) *includes your case review



TESTING

Blood Chemistry: (paid to office)

Comprehensive BioScreen (LabCorp).....	\$285
Bio-Screen Sustain (LabCorp).....	\$209
Full Thyroid (LabCorp).....	\$195

Cyrex Labs: (paid to office)

Array 2: Intestinal Permeability.....	\$295
Array 3: Wheat/Gluten Sensitivity & Autoimmunity.....	\$425
Array 4: Gluten Cross-Reactive Foods.....	\$325
Bundle Array 2, 3, & 4 GUT-FOOD COMBO.....	\$795
Array 5: Multiple Autoimmune Reactivity Screen.....	\$675
Array 10: Multiple Food Immune Reactivity Screen.....	\$680
Array 10C Bundle: Array 3, Array 4 and Array 10.....	\$1295
Array 11: Chemical Immune Reactivity Screen.....	\$450
Array 12: Pathogen-Associated Immune Reactivity Screen.....	\$479
Array 14: Mucosal Immune Reactivity Screen.....	\$439

Hormonal Health:

Cortisol Rhythm, DHEA & DHEA-S (DiagnosTechs).....	\$95
One Day Hormone Check (Genova).....	\$149*
Rhythm Plus(Genova).....	\$149*
Post Menopausal (DiagnosTech).....	\$110
Peri Menopausal Hormone Panel (DiagnosTech).....	\$180
Expanded Male Hormone Panel (DiagnosTechs).....	\$140

Nutritional/Metabolic Health:

Organic Acids (US BioTeck).....	\$399
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Gastro-Intestinal Health:

GI Effects (Genova).....	\$179*
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Other:

COVID -19 IgG/IgM (Diagnostic Solutions).....	\$149 (cash)
MycoToxins - MOLD (Great Plains - Urine).....	\$349 (cash)
Glyphosate (Great Plains - Urine).....	\$199 (cash)

* Co-Pay With Major Insurance Carriers

FREQUENTLY ASKED QUESTIONS

Is Courtney Jonson, LAc. a primary care provider?

Courtney Jonson, LAc. is a primary care provider but she does not provide acute care services. She can confer with your primary care doctor if requested.

Do I have to see Courtney Jonson, LAc. in person for my medical consultation?

No, her medical license does not require that she meet with a patient in person in order to provide an initial medical consultation. Consultations via Zoom video are great when developing a sense of rapport and connection. Follow-up appointments can be arranged by phone or video.

How can I order the supplements I need?

Online Store: <https://fiveseasonsmedical.com/online-store/>

Where do I go to do the testing?

Some testing can be done through conventional laboratories and others are only available through specialty laboratories. During your consultation, we will determine which tests are needed and review testing recommendations, instructions (ex. fasting or non-fasting, etc.) and costs. Some testing can be performed at home with test kits to collect urine, saliva or stool. Others may require you to go to a local laboratory to have blood drawn. In all cases, we will assist you in coordinating initial and follow-up testing.

Do you take insurance?

Courtney Jonson, LAc. does not accept insurance for consultations and does not file insurance claims on your behalf. However, she will provide a detailed receipt of services performed for you to submit to your insurance carriers. Many of the labs are covered by your insurance with a co-pay. We will discuss these details with you on the day of your appointment.

What happens after my program?

We offer the following maintenance programs to help keep patients on track:

- 1) Five Seasons Passport Program
- 2) Courtney's Clearvite Club