



WOLFVILLE
NATUROPATHIC
CLINIC INC

*Health Promotion, Illness Prevention
& Holistic Treatment of Acute and Chronic disease*

189 Dykeland Street, Suite 3, Wolfville, NS, B4P 1A3 (902) 542-5560 info@wolfvillehealth.com www.wolfvillehealth.com

What to Expect: First Appointments

1)Forms- Please fill out Intake and Health Diary forms in advance of your first appointment. These are available online (www.wolfvillehealth.com), by email or by mail.

2)Thorough Health History- The initial visit is typically 60- 90 minutes and includes a detailed history and concern-oriented physical exam. In addition to discussing your chief concerns, we take the time to find out about your family history, lifestyle, stressors, past medical history, previous accidents or injuries, and any significant events in your life that may have affected your health or well being.

3)Nutritional Assessment- Along with a review of your health diary, we will assess your nutritional status, eating habits/patterns, and dietary make-up. Don't worry if you don't have it all filled out, we will talk it through.

4)Previous Medical/Lab Reports and Diagnostic Testing- Any written medical reports, such as bloodwork, urinalysis, ultrasound, MRIs, X-rays or other test reports are valuable assets that your naturopathic doctor will use during the assessment of your health concerns. Tests from other health care practitioners, including saliva, food sensitivity tests, etc, are also valuable.

5)Bring your Medicine Cabinet- Please bring any medications or supplements you are using now or have in the recent past. Alternatively, bring a detailed list of what you have at home (name, brand, strength, etc of each item).

6)Treatment Plan- A written plan will be devised based on a complete and thorough assessment, tailored to the lifestyle and goals of the client. Supplements/botanicals may be prescribed and can be dispensed directly from the clinic. Some items may also be available at a local health food store, pharmacy, or online. A follow-up appointment will be made in approximately 2-4 weeks, depending on the plan.

7)Fees- Congratulations on investing in your health! Payment is due at the conclusion of the appointment. Services are typically covered in full or in part by most extended health care plans/benefits. Our clinic is equipped to do direct online billing with Blue Cross. You will be required to pay upfront and submit your receipt for reimbursement to other insurance companies. We accept VISA, Mastercard and Debit as methods of payment for consultations and dispensary items/supplements.

Initial Naturopathic Consult (90) min- \$175

Follow-up Naturopathic Consult (30-45 min)- \$110

Acute Naturopathic Consult (15-30 min)- \$75

Acute Naturopathic Consult (5-15 min)- \$40

8)How to Find Us:

We are located at 189 Dykeland St, Wolfville, in the green professional building. We are located across from Rafuse Home Hardware and adjacent to the Wolfville Lions' Hall and Wolfville Public Works Buildings. We have easy and ample parking right at the building, including a designated accessible parking space. We are located within the Wolfville Integrated Health Care suite and across the hall from Wolfville Dentistry.