



**MEDERI  
CENTER**  
Wholistic Health and Healing  
Patient Care | Research | Education

## **New Mederi Client Checklist**

Mederi Center is based on a unique concept. We believe that much of Western health care leaves out a vital member of the health care team – the client. As a Mederi Clinic client, we include you in our team of experts because we believe you are the authority on what is happening in your body, mind and spirit. By addressing your health concerns with a team approach, you receive the most comprehensive care available - which is why we request your participation every step of the way, including furnishing us with the information we need to begin your care.

### **REQUESTED INTAKE INFORMATION**

We appreciate your taking the time to review this information, complete the enclosed forms and supply us with the items requested below. Please fax, email, or mail the requested information back to us one week in advance of your scheduled appointment. Please do not mail original copies to us. You will find a checklist for your convenience at the end of this document.

### **POLICIES AND PROCEDURES**

#### **Cancellation Policy**

If you need to reschedule or cancel your appointment, please notify the office with at least 48 hours advance notice. Be advised that you will be charged 50% of the anticipated cost of your scheduled appointment if cancelled with less than 48-hours' notice. Thank you for your consideration of the practitioners' time and of others waiting for appointments.

#### **Initial Consult - What You Should Expect**

While the initial consult usually runs one and a half hours, it may be longer (or shorter) depending on the extent of medical history, amount of material needing to be covered, and the number of questions you may have. During this time, your practitioner will review your health history, along with other relevant areas of your life. After your consultation your practitioner will create a written protocol with botanical, nutritional, dietary, and lifestyle recommendations.

#### **Your Protocol**

Your protocol is determined by your current health and constitutional evaluation. Typically, we find the best results with a combination of very specialized nutritional and herbal supplements. The number of recommended compounds ranges for each individual. These will often be taken in divided doses, usually two to three times per day. Your protocol recommendations will evolve concurrently with your health situation.

Many times, dietary and lifestyle changes are essential to true healing and to facilitate the therapeutic response of the natural compounds and herbs. We may recommend exercise, dietary changes, or other types of supportive therapies, such as acupuncture or counseling. You may also be encouraged to be still in prayer or meditation on a daily basis.

[www.medericenter.org](http://www.medericenter.org)

478 Russell Street, Suite 101 • Ashland, OR 97520  
Tel: 541.488.3133 • Fax: 541.488.6949

## Your Healing

Your protocol, along with other recommendations we may make, is designed to help your healing process at all levels. A willingness to adapt, grow, and be open to new ideas and lifestyle changes facilitates and maximizes your healing ability.

## Recommended Products

Part of our service to you is the benefit of our practitioners' many years of experience and research in the health field. Because of this, their product recommendations are most often brand specific. Our practitioners are very particular and use only high-quality products with which they see consistent therapeutic results. We stock a full apothecary of supplements, natural compounds and herbal preparations based on our practitioners' research and experience. Many of these compounds are not found in health food stores as they are sold to practitioners only. With this consistency in product quality and potency, our practitioners are better able to assess your progress.

## Cost of Your Protocol

We stock top quality medicinals and custom formulas, which we strive to offer at accessible prices. Our protocols can range from around \$200 a month to \$1500 a month, depending on the complexity of your current health needs.

## Follow-up Consults

These are set per your practitioner's recommendation and by mutual agreement. Usually, a given protocol is followed for 1 to 3 months. For optimal results, the client needs to be reassessed at this time so that appropriate changes can be made to the herbal formulation and nutritional protocol. You may, of course, schedule a consult prior to your follow-up if you have something you would like to discuss sooner. Usually 30 to 60 minutes is needed for a follow-up consult.

## Prior to Your Follow-up Consult

Please provide the following information to our office prior to your appointment date:

- 1) Most recent blood work or test results
- 2) Other pertinent reports or information
- 3) If you have several specific questions, you may fax over a list prior to your meeting

## Client Questions

Our Client Liaisons can answer many of your questions, and can direct them to the practitioner as needed. Please call, fax or email your questions to us. Practitioners review inquiries on a regular basis and respond as quickly as they are able, usually within a day or two.

## Advise Us of Any Changes

If you have any changes in your health situation or treatment plan, such as the introduction of chemotherapy or radiation treatments, please call us to schedule an appointment so that you may further discuss these changes with your practitioner. The practitioner can then make appropriate changes to your herbal protocol recommendations as appropriate.

## Ordering Procedures

Mederi Center offers an extensive apothecary of herbal and nutritional formulations carefully chosen for their quality, purity, potency and clinical effectiveness. In order to receive items on your protocol, we must first receive an order by phone, fax, or email. Call our Order Fulfillment directly at 541.488.7598, fax us at 541.488.6949, or email [orders@medericenter.org](mailto:orders@medericenter.org).

## Grievance Policy

If at any time you feel that you have been mistreated in any way, you may contact the grievance committee of the American Herbalists Guild at 617-520-4372.

[www.medericenter.org](http://www.medericenter.org)

478 Russell Street, Suite 101 • Ashland, OR 97520  
Tel: 541.488.3133 • Fax: 541.488.6949

## CHECKLIST TO HELP YOU GATHER THE INFO WE NEED

Please fill out the following forms completely:

- Patient Intake form
- Medical Release form
- Consent Form
- Mederi HIPPA Form
- Rate Schedule

Please supply us with the following:

- Most recent CBC bloodwork panel and any other lab results relevant to your diagnosis.
- Baseline CBC or other bloodwork taken at time of diagnosis.
- 3-day journal of all your meals, snacks and beverages. Include the times of day you are eating.
- A recent photo, if possible, if you are having a phone consultation.

Cancer clients, be sure to include the following along with the materials above:

- Surgical reports
- Pathology reports
- Any tumor markers or receptor reports where applicable
- Most recent x-ray, CT scan, bone scan, MRI and PET scan written reports (actual images/ films/CD's are not needed; just the written report please).