

## What to Expect

Prior to scheduling an appointment, you **MUST** obtain Medical Records from all your physicians since you were first diagnosed with any health condition. If no diagnosis has been given, the labs from the past 2 years will suffice. The cost for reviewing this information is included in the initial consultation package. Medical Records received after the initial consultation will be reviewed at a rate of \$50 per 15 minutes of review time.

Once Crystal Chester has your completed questionnaires, forms, and copies of all your medical records, an appointment (approx 45-60 min) will be scheduled to review your case. Crystal Chester will conduct a thorough history and case assessment at the time of your scheduled appointment. Any lab work provided to Crystal less than 3 days prior to your initial consultation is billed at an additional review fee of \$117 per hour. A cancellation fee of \$97 is charged if you cancel your initial consultation appointment with less than 24-hours notice.

Based on the review of all your medical information, it may be necessary to obtain a comprehensive blood chemistry at the conclusion of your initial consultation.

The blood chemistry test may include:

- **Comprehensive Executive Metabolic Panel:** this includes 24 important disease markers such as Glucose, Hemoglobin A1c (Blood Sugar), SGOT, SGPT, GGT, LDH, Bilirubin (Liver), BUN, Creatinine, Phosphorus, Uric Acid (Kidney), Alkaline Phosphatase (Bone), and others
- **Cardiovascular Panel:** Cholesterol, Triglycerides, LDL, VLDL, HDL, Cholesterol/HDL Ratio, LDL/ HDL Ratio, C-Reactive Protein (hs-CRP), Homocysteine, and Fibrinogen
- **Expanded Thyroid Panel:** TSH, Total T4, Total T3, Free T4, Free T3, Reverse T3, T3 uptake, and FTI
- **CBC with differential:** White Blood Cells and Red Blood Cells, Platelets
- **Vitamin D, Magnesium, Methylmalonic Acid, Soluble Transferrin Receptor, and more**
- **Specialty Tests:** Food Sensitivity testing, Intestinal Permeability, Autoimmune Markers, etc.

Additional medical laboratory tests may be ordered based on your condition and you will be presented with detailed information on why the specific tests are recommended. The cost for your initial laboratory tests will be discussed at that time and is different for every patient.

The results of your lab tests may take approximately 3 to 6 weeks depending on the tests ordered. An appointment to review your lab results takes approximately 1 hour. You will be presented with the results of your tests, the possible causes of your health problems, and the recommended treatment protocol. Your cooperation in taking “personal responsibility” for your health care will be vital for treatment success.

It is strongly recommended that you have access to a computer and an Internet connection. We will be communicating a lot via email & virtually for meetings via Zoom. You may also be required to complete the questionnaire every 6-12 weeks to monitor your progress.

Consultations are scheduled approximately every 2-3 weeks (or depending on receiving lab test results) so you can discuss your progress and any concerns with Crystal Chester. At these times, Crystal Chester will determine what direction to take to help you progress. Consultations can be conducted either by phone, Zoom or in person for those who are local.

The 1<sup>st</sup> payment is due prior to the initial consult. All payments need to be set up via Paypal.

I, \_\_\_\_\_ have read and fully understand the Patient Acceptance Policy.

Print name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_