

What To Expect During Your Integrative Medicine Visit

Integrative Medicine

Integrative medicine treats the whole person — body, mind and spirit — at the same time. It puts the person at the center to restore or maintain his or her health.

Integrative Medicine Visit

An integrative medicine visit allows you to work with a health care provider specializing in whole-person care (integrative medicine provider).

Your health care provider will review your medical history and ask you questions about your lifestyle (stress level, nutrition, sleeping patterns) that could affect your health.

Together, you will create a care plan that is right for you.

Your care plan may include:

- integrative therapies such as acupuncture, massage or meditation
- integrative nutrition consultations
- natural medicines such as herbal supplements
- other medicines as needed.

This care approach can be helpful if you have health problems such as:

- allergies
- arthritis
- asthma
- autoimmune conditions (lupus, celiac disease)

- back pain
- cancer
- diabetes
- digestive problems
- fibromyalgia
- fatigue
- headaches or migraines
- heart disease
- high blood pressure
- hormone problems
- irritable bowel syndrome (IBS)
- menopause
- obesity
- stress
- thyroid problems
- women's health issues.

Integrative medicine can also be helpful if you do not have a specific health problem but instead, have a goal to improve your overall health and well-being.

Important: Integrative medicine visits should not replace visits with your primary care provider or specialist. Your primary care provider, specialist(s) and integrative medicine provider will work together to help you feel your best.

What to Expect

Your first visit will be about 1 hour.

Your health care provider may:

- review your medical history
- ask you questions about your:
 - family health history
 - prescription and over-the-counter medicines
 - herbals, vitamins and other supplements
 - typical foods
 - lifestyle choices (tobacco, alcohol)
 - symptoms
 - stress level
 - moods
 - health concerns
 - health goals
- order tests as needed
- work with you to create a care plan to meet your needs
- make referrals as needed.

You will have follow-up visits as needed.

TeleHealth

Not all locations have an integrative medicine provider available for in-person visits.

TeleHealth lets you see and talk with an integrative medicine provider at another location through an audio and video connection.

What is different about an in-person visit and a TeleHealth visit?

Like an in-person visit, a TeleHealth visit will begin with a nurse taking you to a room to:

- talk with you about the reason for scheduling the visit
- review your medicine(s)

- check your blood pressure, pulse and temperature
- ask you other questions about your health.

The nurse will set up the equipment and make sure you can see and hear your health care provider at the other location. You will not need to touch the equipment.

You and your health care provider will be able to hear, see and talk to each other, just like you are face-to-face. A nurse will be available to help you if needed.

You can expect to talk about the same information in a TeleHealth visit as you would during an in-person visit.

After your visit, the nurse will come back in the room to:

- give you a printed copy of your after-visit summary
- direct you to the correct person to schedule your next visit if needed.

How is this service billed?

Most insurance providers cover TeleHealth, just like billing for a clinic visit.

What about privacy?

TeleHealth visits are not recorded. Only you, your health care provider and the nurse (if needed) can see and hear the visit.

Whom to Call With Questions

Call your clinic if you have questions, or if you need to cancel or reschedule your visit.