

Mindstream Integrative Medicine FAQ

About the Program

Mindstream is made of caring *people*. We care about the patient and the healer, seeking to find prevention, relief, reversal of illness and a supportive community in a healing setting. We are a team that loves one another and seeks to live our values and fulfill our mission and purpose in life through our work with you. We seek to “walk the talk,” acknowledging that walking the talk is a balancing act. As we lean in to one another and do this work together, we understand how this tiny effort can grow into flourishing for more than just the patient and the healer.

We are fundamentally a wellness, lifestyle medicine and behavioral medicine practice. What does that mean? We work with you to reduce the burden of illness if you have it, or help you prevent issues you may be concerned about. Rooted in a deep awareness of western medicine and using a variety of modalities, including mindfulness, nutrition, mentoring, functional medicine approaches, forest bathing, Ayurvedic techniques, botanical medicine (and because we are always in training, more modalities are something patients can expect), we strive for excellence in both our commitment to virtuous and high quality practice as well as patient outcomes. We function for some in the same way as a psychiatric practice and our medical providers are highly trained and certified in behavioral health as well as integrative medicine. We seek to be a high-value toolkit for people who want answers that are rooted in all of Western medicine but willing to look outside that box.

Mindstream is not a primary care or urgent care practice. While we may mutually decide to do some things that resemble those roles in your healthcare, the structure of our practice does not lend itself well to these tasks. We seek to be fully present for you, and want to work on goal setting and any clinical research needs your particular care may require.

Mindstream patients typically see us initially to develop a plan for health. Following that first appointment, where we identify priorities and set goals, we can discuss either working along with your PCP or when appropriate, following up with maintenance appointments. We prescribe any standard pharmaceuticals as well as supplements or botanicals when necessary. For patients who want Mindstream to support ongoing maintenance medications and the monitoring of those medications, we require at least a quarterly office visit. Another option for patients is to see Mindstream for an annual planning and health goals setting appointment and have their PCP manage all meds. We want the best scenario for all patients and recognize that it will be different for every patient. Group visits may be a good fit for patients with concerns specific to a class.

FAQs

Does Mindstream take insurance? *No, we charge for our services based on the length of the appointment. Initial visits are always 60 minutes, and are \$450. Follow up visits are either 30 minutes or 60 minutes, based on patient preference or mutual agreement and cost \$225 for 30 minutes and \$450 for the hour. Group visits are also available according to the schedule posted on the website and are priced accordingly. Health coaching, aromatherapy, reflexology, iridology and nutrition consult appointments are 60 minutes and available for \$85 per session. Mindstream can order tests or place referrals which will be able to go through a patient's insurance. We are able to provide patients with **superbills** that patients can submit to their insurer for reimbursement.*

Should I keep my health insurance? *Mindstream encourages all patients to have insurance as well as a PCP or urgent care facility identified who can do annual physicals and sick visits. Mindstream does not provide inpatient services. Mindstream can work with your insurance company for lab orders, radiology studies, medications and other covered services, but does not take insurance for your office visits.*

Will I get any lab tests on site? *At this time, we do not expect to be doing any point of care lab tests. We work with Labcorp, Quest and other specialty labs for tests that are not available through the typical vendors. We work to find low cost options for labs and radiology for patients without insurance or with a high deductible. We offer wholesale pricing on functional medicine tests such as microbiome tests, hormone tests, mold, heavy metals, and neuroinflammation screenings.*

What's the typical patient visit like? *The first visit is typically an hour and starts with getting your story to determine current health status, life experiences and exposures, and to identify priorities and a plan. We seek to provide structure, accountability and mentoring in our relationship with patients. Mindstream has the ability to manage chronic illness while using other tools to heal, reverse or minimize the symptoms.*

*Patients with **autoimmune conditions** need nutritional guidance and support, lab assessments, and occasional functional medicine tests to help understand ways to lower inflammation and reduce symptoms or progression. We also understand that one autoimmune condition is a risk factor for another, so surveillance, screenings, and preventive measures are a large part of our practice.*

*We see patients with **mood symptoms** and assess for general medical conditions that often cause these symptoms or imbalances in a person's constitution that can exacerbate mood symptoms. We participate in regular trainings to deepen our skillsets with somatic and trauma-informed therapies. Our practice can support patients who need support for depression, anxiety, bipolar disorder, personality disorders, trauma, and dissociative disorders.*

*Mindstream helps to support **patients living with a cancer diagnosis** to prevent recurrence using metabolic approaches to cancer. We use Jane McLelland's approach and seek to partner with a patient's oncology care team to support well-researched metabolic approaches that may not be provided in the traditional setting.*

*Mindstream is able to use and interpret tests that assess the gut microbiome, hormone analysis and other functional medicine tests, and offers practical, evidence-based approaches to conditions such as **hormone therapy, dysbiosis, toxin exposures, and neuroinflammation.***

Do you provide healthcare navigation services? *Mindstream is eager to help patients coordinate care or navigate the health system. If you are interested in this, we provide that on a case-by-case basis.*

What services do you offer? *Mindstream has providers who are trained in psychiatric care, family medicine, integrative medicine, health coaching, aromatherapy, reflexology, iridology, Ayurvedic approaches, mindfulness meditation and we continuously training to*

deepen our skillset for our patients. We regularly work with behavioralists, chiropractors, specialists, and coaches to improve our patients outcomes.

What do I do if I get sick? Do you take after hours calls? *In general, Mindstream is not available after hours. We ask that you have a PCP or urgent care identified for sick visits. We are happy to talk to you during business hours and make a plan for any follow up care that is needed.*