



Becoming my patient/client

Initial phone assessment/consultation/history (75 minutes)	\$ 445.00
Nutritional Program Development and report	\$ 875.00
Follow Up Visit (1 hr.)	\$ 225.00

Make an Appointment

If you are interested in becoming my patient/client, please send me an email to drleslie@protonmail.com and tell me a little about yourself and the major health concerns you want to improve.

Scheduling

After many years of private practice with receptionists, schedulers, and billing, I find it more personal and efficient to handle my schedule. So, you will reach me directly when you request an appointment.

My schedule runs about 4-6 weeks in advance, though I can place you on a cancellation waitlist if it's urgent.

Payment

Following confirmation of an initial 75-minute (Zoom) appointment, my office, Health Alternatives, LLC, will send to your email address a request for payment from PayPal. You should make this payment within 48 hours to hold your appointment time.

Upon receipt of payment, you will receive

- a) A confirmation
- b) Link to download paperwork
- c) An encrypted email where you may attach and return the paperwork

Paperwork and Tests

Please return your paperwork at least 3 days in advance of your appointment.

Paperwork to return includes

Intake form, Service Agreement and Release of Information (for each provider I will consult with) Food Mood diary for 3 days.

Tests

Send any tests that you have done within the previous 3 months, including serum Vitamin D tests, CBC, metabolic panels, etc.



Your First appointment

During our first appointment, I will get to know you, ask additional questions, and share some initial ideas and approaches. On rare occasions, if you require only a simple consult or second opinion, one visit is enough.

Following our 1st appointment

I will develop a comprehensive, personalized plan for you, including suggestions for additional testing if required. I will advise you of what I think is ideal for you, and then we will proceed at the pace you feel most comfortable.

Contact Method

I will respond to a quick email question at no charge. Longer check-ins will be prorated. We will then communicate as needed by setting up a formal appointment to assess how you feel, about your progress, obstacles etc.

Zoom

I provide you with your own personal ZOOM link that remains the same for our work together. Please store it for use.

Recommendations

Most, though not all of my nutritional and herbal recommendations will be found on Fullscript. I suggest only pharmaceutical-grade products. My office will set up an account for you there. I do not make money from any product I recommend to you. I am not interested in you spending money on useless tests or unnecessary supplements. If you already have some favorite product you use, I can evaluate them and see if they will serve.

Medications Taper

If one of your goals is to reduce medication dose or taper off, I will create a Taper Plan. I will need to have permission to communicate with your prescriber and coordinate any plans with them. If you do not have a prescriber on board with your taper, I will do my best to help you locate one.

My Books

I encourage you to read one of my books: **Nutritional Essentials for Mental Health** (textbook) or the **Good Mood Kitchen**, so you have an idea of my approach to mental health.

Contact

drleslie@protonmail.com

drlesliekorn.com

360-262-6175 (confidential Voicemail)