



CHM New Patient Guide

Your Guidebook to Becoming a New Patient
at the Center for Holistic Medicine

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Hello! Thank you for your interest in becoming a new patient at the Center for Holistic Medicine. We are located at 6089 West Maple Road Suite 200 in West Bloomfield, Michigan at the southeast corner of Maple and Farmington Road. Please note that Dr. David Brownstein & Dr. Richard Ng are not accepting new patients at this time. The following providers are accepting new patients as noted below:

- **Dr. Jeffrey Nusbaum** is one of the founders of CHM and has practiced Holistic Medicine for over 25 years. He received both his bachelor's degree and M.D. degree from Wayne State University. He completed his residency at Providence Hospital in Southfield, Michigan. Dr. Nusbaum is a member of the American College for the Advancement in Medicine as well as the International College of Integrative Medicine. Dr. Nusbaum has completed special training in nutritional therapies, Applied Kinesiology, Natural Hormonal Balancing, Korean Hand Acupuncture and Hypnotherapy. He has lectured extensively on holistic treatment approaches for a variety of medical conditions. In his practice, he specializes in the use of vitamins, minerals, amino acids, systemic enzymes, herbs, and bio-identical hormones. Dr Nusbaum is currently accepting new patients.

- **Jessica Gross, PA-C** is a Board-Certified Physician Assistant. She completed her Bachelor of Science from the University of Michigan in Ann Arbor, Michigan. Jessica was a Medical Assistant at the Center for Holistic Medicine where she worked closely with Drs. Brownstein, Ng, and Nusbaum. Jessica attended the PA program at the University of Detroit Mercy and graduated with a Master of Science in Physician Assistant Studies. Upon completion of the PA program, she did clinical work in Chicago, Illinois. Jessica joined CHM in January 2022. Jessica's practice emphasizes the importance of treating the whole person while pursuing the underlying causes of disease. Her practice includes the evaluation and treatment of hormonal imbalances, thyroid disease, and acute & chronic illnesses. Jessica Gross PA-C is currently accepting new patients.

-**Dr. Jessica Brownstein** attended the University of Michigan for her undergraduate studies where she completed her Bachelor of Science degree in Biomolecular Sciences. She completed medical school at Michigan State University College of Osteopathic Medicine. She is currently in her final year of residency and serving as the Chief Resident of the Family Medicine Program at Ascension Providence in Southfield, Michigan. Dr. Jessica Brownstein is the daughter of Dr. David Brownstein & the sister of Dr. Hailey Brownstein, who both work at the Center for Holistic Medicine. She is a conventionally trained family practice physician who will utilize the best of holistic and conventional medicine to treat her patients. She has been learning holistic medicine from her mentors, Dr. David Brownstein, Dr. Jeffrey Nusbaum and Dr. Richard Ng for her entire life. She believes in treating patients, using nutrition, supplements, hormones, vitamins, and minerals to help her patients. Dr. Jessica has also been trained in Osteopathic Manipulation Medicine. Dr. Jessica Brownstein is currently accepting new patients.

(Professional Bio's, continued)

- **Dr. Hailey Brownstein** completed her Bachelor of Science in Biopsychology, Cognition, and Neuroscience at the University of Michigan. She completed her Doctor of Osteopathic Medicine degree at the Alabama College of Osteopathic Medicine. In June 2023, Dr. Brownstein completed her residency training as the Chief Resident at Ascension Providence Hospital in Southfield, MI and is ecstatic to be at the Center for Holistic Medicine on a full-time basis. Dr. Hailey Brownstein is fortunate enough to be the daughter of Dr. David Brownstein, who was her inspiration to pursue medicine. Growing up immersed in the world of holistic medicine, she has seen firsthand the success of practicing medicine with a whole-body approach. Dr. Hailey Brownstein is also trained in osteopathic manipulation, which is a form of manual medicine to treat various physical conditions. Her interests in family medicine are all-encompassing, and she is trained to treat all ages, including pediatric services for toddlers and infants. Dr Hailey Brownstein is currently accepting new patients.

- **Dr. Cynthia Lepak** has practiced medicine for over 25 years. She graduated from Wayne State University School of Medicine in 1995 and completed her residency at DMC Detroit Receiving Hospital in 1998. Dr. Lepak was the attending Emergency Room Physician at DMC through 2020 & joined the CHM in September of 2021. Dr. Lepak's passion for Holistic Medicine developed when she was diagnosed with ovarian cancer in 2014 and needed major surgery. She felt that she needed to dramatically change her life to stay healthy. This led Dr. Lepak to research and further study alternative treatments for all diseases. Dr. Lepak spent over 3 years taking courses at The American Academy of Anti-Aging Medicine and has shadowed multiple holistic & alternative medicine Physicians. Dr. Lepak is currently accepting new patients.



New Patient Appointments for Adults & Children

1st Consult: The 1st consult is up to 45 minutes @ \$525. 1st time patients are required to be seen in person. There will be a review of the patient's health history and daily habits, diet, exercise, medication list, vitamin list, recent labs, etc. The appointment is a mutual dialogue between you & your practitioner. If you do not have any questions, the length of your appointment may require less time. Please note that there is no adjustment to any appointment fees if your appointment is less than the 45-minute time slot. During this time, an initial protocol of vitamins, supplements, IV therapies, etc. will be recommended to treat the condition that is being addressed. Vitamins, supplements, IV therapies, & additional services are at an additional charge. For your first consult a non-refundable deposit of \$150 is required to secure the appointment. The balance of \$375 is expected to be paid at the time of checkout. This is in addition to any additional costs for supplements, IV therapies and further testing.

Lab Appointment: Our healthcare professionals order an extensive panel of tests to include hormone levels, thyroid levels, as well as vitamin and mineral levels. We have a private Quest Lab at our office as a service to our patients. You may also have your labs done at a different location of your choice.

2nd Consult: The second consult is up to 30 minutes @ \$325. This follow-up appointment with your healthcare professional will generally occur 2-6 weeks following your lab appointment, during which time your lab results will be discussed. Your healthcare professional may adjust the protocols that were initially put into place during the 1st appointment, as well as diet and lifestyle suggestions.

Additional Appointments & Tests: Based on your healthcare professional's request, there may be subsequent appointments scheduled including follow up visits, IV therapies and additional services. All appointments and services are at an additional charge. After the 2nd Visit, subsequent visits typically range from 15 minutes at \$175 to 30 minutes at \$325. Prices are subject to change without notice. **For questions about the cost for our services, please ask! Our receptionists will be happy to review pricing with you upon request.**

Reschedule / Cancellation Policy: You may reschedule your New Patient appointment, one time only, if we are notified within 3 business days. If less than 3 days, the balance of \$375 (\$525 less \$150 deposit) must be paid in full at the time you reschedule your appointment. To reschedule your appointment, please leave us a message at 248-851-1600 Ext 222 or email us at info@centerforholisticmedicine.com. There are no refunds for New Patient appointments that are missed or cancelled.

Out of State Patients: To ensure the best quality of care, all out of state patients are required to be physically seen at our office on a yearly basis, as determined by your CHM healthcare professional. If this requirement is not met, you will lose your status as a current patient at CHM. Please note that there will be no exceptions made to this policy.

Insurance: Please note that CHM does not participate with any insurance network. Therefore, all expenses are paid out of pocket by the patient. You may submit your bills and lab order(s) to your insurance company directly for possible reimbursement. It is the patient's responsibility to contact their insurance company to find out about their coverage for office visits, telemedicine appointments, labs, etc. prior to your appointment.

(New Patient Appointments for Adults, continued)

Also know that CHM has opted out of Medicare. Patients who are of Medicare age will be required to sign an opt out waiver confirming that bills for office visits and services will not be submitted to Medicare.

Bloodwork Information: Within our office is a Quest Diagnostic lab station which serves only the patients of CHM. During the initial visit your physician will write a lab order for bloodwork. An individualized lab order is written by your physician. It will be comprehensive and tailored specifically for you. A lab order may require anywhere between 20-30 small vials of blood. Note that while traditional doctors order typical tests (blood count, cholesterol levels, etc.), your CHM Provider will order additional tests to include hormone, mineral, vitamins B, C, D levels thyroid levels, etc. Prior to your initial visit we kindly ask that you speak with your insurance company regarding your policy's coverage for bloodwork.

Important questions to ask your insurance provider regarding coverage for labs:

1. Is Quest Diagnostics a participating lab with my insurance policy?
2. If Quest does not participate with my policy, what lab facilities may I go to that will be covered?
3. What is my deductible, and have I met my deductible?

If your deductible is extremely high and you will not meet it (OR if you do not currently have health insurance), we have a solution for you! CHM offers a CASH PAY program which simply covers the costs of running the tests and does not get processed through insurance. Consider it as paying the 'wholesale' price for each lab test. This program substantially cuts down on your out-of-pocket costs for lab tests written by your CHM physician. If you wish to do CASH PAY lab work, please notify your physician during your initial visit so that he/she may write up the lab request correctly. If you choose the CASH PAY option, you may only use the cash pay lab order at a Quest Lab location. It is not accepted at any other outside labs.

IMPORTANT: Please note that if your lab work is not ordered correctly or if you fail to notify your physician that you would like to do CASH PAY, this presents a risk of the patient receiving a LARGE bill (\$5,000+). It is not possible to reverse lab orders once they are submitted.

To establish yourself as a new patient at CHM, total out of pocket expenses may average between \$900 to \$1600. Once you have become established as a patient, we do not provide the option of changing practitioners.

If you would like to schedule a new patient appointment call 248-851-1600. Our receptionists will be happy to help you. You may also leave a message with Ellen Rose, our New Patient Coordinator, at Ext 275 or email her at: EllenRoseCHM@gmail.com. When emailing, **please remember to include your phone number so that she may contact you directly.**

Due to extremely high call volume please allow up to 3 business days to return your call. Thank you very much for your consideration. We look forward to speaking with you.



New Patient Appointments for Infants & Toddlers

- **Dr. Hailey Brownstein (aka 'Dr. Hailey')** completed her Bachelor of Science in Biopsychology, Cognition, and Neuroscience at the University of Michigan. She completed her Doctor of Osteopathic Medicine degree at the Alabama College of Osteopathic Medicine. In June 2023, Dr. Brownstein completed her residency training as the Chief Resident at Ascension Providence Hospital in Southfield, MI and is ecstatic to be at the Center for Holistic Medicine on a full-time basis. Dr. Hailey Brownstein is fortunate enough to be the daughter of Dr. David Brownstein, who was her inspiration to pursue medicine. Growing up immersed in the world of holistic medicine, she has seen firsthand the success of practicing medicine with a whole-body approach. Dr. Hailey Brownstein is also trained in osteopathic manipulation, which is a form of manual medicine to treat various physical conditions. Her interests in family medicine are all-encompassing, and she is trained to treat all ages, including pediatric services for toddlers and infants. Dr. Hailey Brownstein is currently accepting new patients.

Prenatal Interviews: For expectant parents, interviews with Dr. Hailey may be done in person or virtually. This appointment may range from 15 minutes for \$175 to 30 minutes for \$325.

Your Child's 1st Visit (New Patient Appointment): During this visit, Dr. Hailey will monitor your child's growth & development. She will also run routine labs & specialized tests as needed. In addition, Dr. Hailey will provide recommendations for nutrition & oral supplementation.

The 1st visit is generally up to 45 minutes at \$525. A non-refundable deposit of \$150 is required to secure your child's 1st visit. The balance of \$375 is to be paid on the day of your appointment at the time of checkout. Supplements, IV therapies, & testing are at an additional cost.

Lab Appointment: If necessary, Dr. Hailey will recommend lab tests for your child. As a service to our patients, CHM has a private Quest Lab within the office. You may also have your child's labs done at a different location of your choice.

Your Child's 2nd Visit: Based on your child's 1st visit, Dr. Hailey may recommend a 2-6 week following up appointment to review lab results, monitor the protocols that were initially put into place, and discuss diet & lifestyle suggestions. The 2nd visit is generally up to 30 minutes at \$325. After the 2nd Visit, subsequent visits typically range from 15 minutes at \$175 to 30 minutes at \$325.

Note that Dr. Hailey does not provide on-call pediatric services. We recommend that parents continue to work with their Primary Care Physician, particularly in an after-hours emergency. Please refer to your Primary Care Physician for routine screening of hearing, vision, & vaccines.

(New Patient Appointments for Infants & Toddlers, continued)

Additional Appointments & Tests: Based on Dr Hailey's request, there may be subsequent appointments scheduled including follow-up visits, IV therapies, and additional services. All subsequent appointments, IV therapies, and services are at an additional charge. Prices are subject to change without notice. **For questions about the cost for our services, please ask! Our receptionists will be happy to review pricing with you upon request.**

Reschedule / Cancellation Policy: You may reschedule your child's New Patient appointment, one time only, if we are notified within 3 business days. If less than 3 days, the balance of the appointment must be paid in full at the time you reschedule your child's New Patient appointment. To reschedule your appointment, please leave us a message at 248-851-1600 Ext 222 or email us at info@centerforholisticmedicine.com. There are no refunds for New Patient appointments that are missed or cancelled.

Insurance: Please note that CHM does not participate with any insurance network. Therefore, all expenses are paid out of pocket by the parents. You may submit your child's bills and lab order(s) to your insurance company directly for possible reimbursement. It is the parents' responsibility to contact their insurance company to find out about coverage for office visits, labs, etc. prior to your child's appointment. CHM is not responsible for any invoices you may receive from your insurance company.

Important questions to ask your insurance provider regarding coverage for labs:

1. Is Quest Diagnostics a participating lab with my insurance policy?
2. If Quest does not participate with my policy, what lab facilities may I go to that will be covered?
3. What is my deductible, and have I met my deductible?

If your deductible is extremely high and you will not meet it (OR if you do not currently have health insurance), we have a solution for you! CHM offers a CASH PAY program which simply covers the costs of running the tests and does not get processed through insurance. Consider it as paying the 'wholesale' price for each lab test. This program substantially cuts down on your out-of-pocket costs for lab tests written by Dr. Hailey. **If you wish to do CASH PAY lab work, please notify Dr. Hailey during your child's New Patient appointment so that she may write up the lab order correctly.** If you choose the CASH PAY option, you may only use the cash pay lab order at a Quest Lab location. It is not accepted at any other outside labs.

IMPORTANT: Please be sure to let Dr Hailey know if you are using the Cash Pay program for your child's labs. This way, you will avoid the risk of receiving a substantial bill from your insurance company. It is not possible to reverse lab orders once they are submitted to your insurance company.

If you would like to schedule a New Patient Appointment for your child, call 248-851-1600 Ext 230 or you may send your email to: annsalomonchm@gmail.com. When emailing, **please remember to provide a phone number so that we may contact you directly.** Thank you very much for your consideration. We look forward to speaking with you.



Appointments for Multifunction Cardiogram Tests™

Thank you for your interest in the **Multifunction Cardiogram™ Test (MCG™)**. The MCG™ is an advancement in cardiac diagnostics that allows us to see issues in your heart that we've never been able to see before to include:

- Coronary Artery Disease (CAD) in all stages, including early onset
- Microvascular Disease, a common problem for women left undetected by other methods
- Heart Rhythm Disturbances, even before they are noticed by most patients
- Heart Stiffening before heart failure is a clinical entity
- Myocarditis
- Plaque Instabilities
- Even low-level Occlusion with high sensitivity

Unfortunately, in cardiovascular care, most people don't seek assistance until they begin to experience symptoms or have a heart attack. Did you know that approximately 30% of heart attacks are silent, and in the majority (over 50%) of cardiac related deaths, the heart attack was the first symptom? With the rates of myocarditis on an unprecedented rise, MCG™ technology can be a life saver. The MCG™ detects heart disease at its earliest stages and even detects disease in the small vessels, while conventional testing does not do this. Not even an angiogram, nuclear stress test, or coronary calcium score can detect small vessel disease. With this test, you are empowered with the knowledge to reduce your risks and gauge your progress in disease reversal.

We are so excited about the accuracy and depth of information that this test provides that we want every patient to have this test done! Multifunctional Cardiogram™ testing is the most comprehensive and accurate cardiac diagnostic available, and the test only takes about 10-15 minutes. It is non-invasive, and uses no chemicals, needles, dyes, stress, or radiation. The cost of the test is normally \$500, but we are offering our patients an introductory special for **\$450**.

As a courtesy, this fee includes (1) follow-up appointment to review your results with our Physician Assistant. Note that the follow-up appointment is typically at a charge of \$175. Prices are subject to change without notice. **Note: This test is an out-of-pocket expense as there is no CPT insurance code available to submit.**

The follow-up appointment is generally scheduled within a few days after the test. You may review your results with the Physician Assistant in person or by phone. During your appointment our Physician Assistant may offer recommendations based on the results of your MCG™ test.

Please note that having an MCG™ test performed at the Center for Holistic Medicine does not make you eligible to receive other services at our office. Once you review your MCG results with our Physician Assistant, we strongly suggest that you follow up with your Primary Care Physician and / or Cardiologist. To learn more about additional services at the Center for Holistic Medicine, please refer to pages 3-4 in this guidebook.

The MCG™ test is available Monday through Friday. To schedule an appointment please contact us at 248-851-1600 or via email: info@centerforholisticmedicine.com. Thank you again for your consideration!



Contact Us!



Thank you for considering the Center for Holistic Medicine. If you have any questions or are ready to schedule an appointment, please contact us. We would be happy to help you.

Here is to everyone's Good Health! ~The CHM Staff

Address:

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6089 West Maple Road Suite 200
West Bloomfield, MI 48322

Contact Information

Office: 248-851-1600

Fax: 248-851-0421

Email: info@centerforholisticmedicine.com

Website: www.centerforholisticmedicine.com



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