



Our Mission is to empower people to change their lives. Through knowledge and guidance, we will help you discover your underlying why to the what diagnosis. Why you are in pain and why your health is not at its optimal level. We are a patient centered, evidence based, lifestyle medicine practice. Let us help you take your health and well-being to the next level.

As a team, we will work closely with you to set appropriate goals toward restoring your health. To achieve these goals:

We are here for you:

- We are committed to our patients' well-being and overall health.
- We will work with you to schedule appointments that are convenient for you within our determined treatment times during the week.
- We treat patients Monday through Thursday. On Fridays we dedicate our time to the behind-the-scenes paperwork for our patient's clinical care and business/insurance needs. Schedules may vary during holidays.
- Dr. Pam takes time to review and adjust your treatment plan on a regular basis. Following your treatment plan is critical to progress and achieve success. Change takes time; therefore, we will actively support you to ensure you are setting yourself as a priority.
- Our team is committed to being there for you every step of the way with support and encouragement in your treatment and recovery on the journey to a healthier YOU.
- We will support you in insurance billing. We will help you determine coverage and either bill the visits for you or provide a billing statement for you to send in personally. Insurance laws determine how each of the choices are structured. We will help you in choosing which option is best for you.

We ask the following of you:

- Keep commitments to your appointments *and* your health.
- If it is necessary to cancel, please do so at least 24 business hours prior to your scheduled appointment to allow us to schedule patients on our waiting list.
- Schedule several appointments out to ensure you get the dates and times that best fit your lifestyle, as our appointment book fills fast.
- Follow your personalized treatment protocols set forth by Dr. Pam to help you feel better and improve overall health as quickly as possible. Your participation in your treatment will greatly determine the ultimate outcome and the time it takes to achieve results.
- We request that patients make themselves aware and be informed about their out-of-network insurance deductibles and benefits. We are here to assist you in navigating your insurance billing.