



## HEALTHY CONNECTIONS

### Welcome and Introduction to Healthy Connections

### Out of Network Overview/ Uninsured

Welcome to Healthy Connections! We are honored to welcome you to our unique health clinic in Hood River, Oregon. Our Functional+Internal Medicine practice has been helping hundreds of individuals and families heal their imbalances at the root, and find their unique healthy living formula that allows them to thrive. We prioritize listening to you, and honor that you are the expert in your life and your body.

The functional approach to health goes far beyond treating mere symptoms, by discerning root causes with the goal of achieving greater health and vitality. ***Our proactive functional care program requires our patients to be an active partner in their health, to believe in addressing the root cause of disease, to have a desire to age well, and to avoid or to heal chronic disease.***

Our comprehensive approach offers a variety of services that are not covered by private health benefit plans or government health benefit plans. **We practice “slow medicine,” spending more time and giving more attention than a typical insurance-based practice can give.**

We are a Hybrid Insurance + Membership model which allows patients to use their insurance to cover the traditional aspects of care we provide, and the membership fee covers the additional support services we believe constitute an essential part of the health care we deliver here at Healthy Connections.

**We offer this Hybrid membership program so that we can provide the kind of care that our providers want to practice and our patients want to receive. Our model allows us to limit our membership to provide the highest quality care possible in a manner that we hope is affordable, accessible and sustainable.**

We strive to maintain a high standard of care for our patients. We created our Healthy Connections model based on our unwillingness to compromise or cut corners just because of insurance company limitations. We appreciate your understanding and participation!

For our friends who are insured by a plan that we are not contracted with (ex: Moda Beacon; Providence Connect; OHP; Molina Apple Health, Kaiser), and for our friends with Health Sharing Accounts (such as Liberty or Knew Health) as well as friends who are un-insured - we offer two options to access care from our team.

### ***OPTIONS for OUT OF NETWORK/UN-INSURED***

- **Out of Network Insurance PRIMARY CARE Membership:** This is an option for a long-term relationship with individuals with a Health Sharing service such as Liberty Direct, or Knew Health; for individuals whose insurance company we are not contracted with; or who are uninsured. Annual Membership Pre-paid only: \$1188.00
  - With this membership, you can still access Healthy Connections' approach to Primary Care & Functional Medicine, with the following services included:
    - Initial comprehensive exam (60 min)
    - Two (2) follow up exam/consultation (45-60 min)
    - One (1) acute visit (15-20 min) - example, sore throat, sprained ankle, ear infection.
    - Supplements via Fullscript at at 10% discount
    - The access, advocacy, expertise and approach of our functional care team.
    - On-call provider always from Healthy Connections team for after-hours care (Dr Horacek and Heather Bates, FNP-BC share call after hours and weekends)
    - Texting with provider on-call available via Spruce Health for emergency needs after hours.
    - *Special letters for disability, exemptions, and other medical letters do have an additional fee of \$15-40 per form depending on the time required to complete.*
    - *\*\*\* With out of network primary care - there may be significant limitations to the care we can provide if you have OHP, Molina Apple, or other insurance that requires an in-network Primary Care for referrals, authorizations, prescriptions, imaging orders, ETC. It is highly recommended that anyone with insurance maintain a PCP within their network for these circumstances.*

- Additional provider visits at the 20% off/ discounted cash rate of:
    - \$300 - 60 minute visit w/Dr Horacek
    - \$280 - 60 minute visit w/Heather Bates, FNP-BC
    - \$150 - 30 minute visit w/Dr Horacek
    - \$140 - 30 minute visit w/Heather Bates, FNP-BC
    - \$93.75 - 15 minute visit w/Dr Horacek
    - \$87.50 - 15 minute visit w/Heather Bates, FNP-BC
    - \$96 - 60 minute visit w/Heather Nielsen, LPC and Kirsten Chesney, MS Nutrition Specialist
  - Writing or faxing prescription refills to pharmacies for ongoing medications outside of an office visit
  - Use of the InBody BIA (bioelectrical impedance analysis to measure body composition)
  - Annual flu shots and tetanus boosters
  - In-office primary care services such as urinalysis, minor stitches/stitch removal, basic cryotherapy; in-office Hemoglobin A1c testing, EKG
  - Coordination of care with your other provider(s)
  - Vitality Reset and 10 Day Detox
- **Out of Network Insurance FEE FOR SERVICE CARE for Functional Medicine Consultation ONLY:**

This is generally not recommended, as our model of care is relationship-based, and requires patience, persistence, and presence. However, for some individuals who don't want a primary care membership, and do want to access the Functional Medicine approach provided by our staff, our Fee for Service rates are as follow:

- One-time registration fee: \$49 paid at initial appointment
- \$375/hour for Jeff Horacek, MD
- \$350/hour Heather Bates, FNP
- \$120/hour for Kirsten Chesney, MS Nutritionist
- \$120/hour for Heather Nielsen, MS, LPC Wellness Coach/Mindfulness Teacher/Genomics visits

**Fee for service visits must be paid in full at the time services are rendered. If we miss you at check out (or you have a virtual visit), we will charge your card on file with our secure POS, Hint Health. Minimal messaging between our team and client is provided; if the messages take more than 10 minutes to address, we will invite you for a brief visit to**

**discuss.** Medicine cannot be well practiced via phone and email! Thanks for understanding - our goal is to provide the best medical care possible.

---

We hope that you find this personalized approach to medical treatment an improvement in your care, with more education and time spent with you, and a whole-person lifestyle approach that empowers you to partner with your body, and with our team, to find resolution and health restoration.

In good health,

Jeff Horacek, MD, IFMCP  
Heather Bates, FNP-C  
Heather Nielsen, LPC, CHWC  
Barb Berry, RN  
Nanci Edwards, MA  
Isa Sanchez, Medical Receptionist  
Gabby Benavides, CMA

---

**Out of Network/Uninsured Primary Care Members** - One time Registration fee: \$49; Annual membership fee of \$1188.00.

***\*\*In cases of financial hardship, we are able to offer a limited number of sliding scale membership fees. Please discuss your situation with Heather Nielsen.***

**Your First Visit with Healthy Connections Includes:**

- Pre-visit review of your Living Matrix intake by our providers, so they are prepared and knowledgeable about your health history and current goals when you meet.
- Sixty-minute initial appointment with Dr Horacek or Heather Bates, FNP-BC, during which you create a preliminary lifestyle plan and a plan for further diagnostic/functional lab testing to assess objective data regarding your health.
- Follow-up appointment with our Functional Medicine Health Coach, Heather Nielsen (optional but encouraged) and/or our Functional Nutritionist Kirsten Chesney, MS
- Resources and educational materials to support your lifestyle protocol
- 10% discount on supplements online via Fullscript

**Functional Lab Testing:**

We believe in the practice of “testing, not guessing” to best understand what is going on inside your body. In order to have the best understanding of your root causes of imbalance, we often recommend specific functional testing, such as stool testing (to assess various imbalances in the gastrointestinal system), breath testing (to assess bacterial levels in the small intestine commonly associated with IBS), advanced hormone testing, blood spot testing for food sensitivities or immune activation to specific triggers, etc. Many of these tests are NOT covered

by commercial insurances. Some tests are covered by Medicare. We do our best to provide transparent pricing on all the tests we recommend, and to minimize your out of pocket costs however possible. Many of these tests can be credited as “out of network” expenses if you submit a superbill to your insurance. Our office can help you with this process.

**Please review carefully.**

**I consent to one option and the accompanying fees for care with Healthy Connections:**

**Out of Network Care Option: Please select ONE:**

\_\_\_ Out of Network Primary Care Membership: One time Registration fee: \$49; Annual cost of \$1188.00 (family discount of 10% offered = \$1.069.20)

\_\_\_ If I wish to cancel my membership at any time, I am free to do so, and I will give Healthy Connections’ 30 days’ notice of my cancellation. *\*If you need to cancel mid-year, we will gladly refund the unused portion of your membership.*

\_\_\_ Fee for Service Functional Medicine Care (One time registration fee: \$49; pay per visit, at time of visit - see fee schedule)

\_\_\_ I am aware that Healthy Connections’ providers may recommend functional lab testing which likely will be an additional cost if my insurance doesn’t cover it. I am not required to purchase lab kits or complete any recommended testing, but I am aware that Healthy Connections only recommends tests that will be clinically valuable in the accurate diagnosis and treatment of my presenting conditions.

\_\_\_ I acknowledge that Healthy Connections values respectful communication. If I feel that I have been treated disrespectfully by a member of Healthy Connections’ staff, I will let the Clinic Director, Heather Nielsen, know in writing. If I violate this code of respectful communication, I am aware that this can be grounds for dismissal from the practice. Healthy Connections maintains a zero tolerance for bullying, racism, sexism and any kind of disrespect towards any members of our team or our fellow clients.

Name \_\_\_\_\_ Date \_\_\_\_\_  
Signature \_\_\_\_\_