



## Telephone/Internet Consultations With Elaine R. Ferguson, MD

Dr. Ferguson offers two consultative services:

1. **Holistic (Integrative) Medicine** telephone consultations: Is for people who would like to learn how they might incorporate a wide range of evidence based holistic and integrative approaches (diet, nutritional supplements, mind-body-meditation, visualization, spirituality, acupuncture, massage therapy, etc. ) into their treatment regimen healthcare plans. Dr. Ferguson educates patients on the clinical evidence that may support—or may not support—the safety or efficacy of various medical, surgical, nonpharmacological, traditional, holistic, or CAM treatment options for a vast range of health conditions.
2. **Holistic Health Coaching** telephone consultation: This consultation is primarily for individuals who are not currently living with a chronic disease, but are seeking to improve their overall health and well-being, and not currently e consultation may focus on diet and/or lifestyle. Diet-wise, Dr. Ferguson can support you revamp your diet, because not one diet fits all. Lifestyle-wise, the consultation may focus on questions related to balancing multiple facets of your life and engage your mind, body and spirit. Her primary focus is to empower you to improve your health and well-being, through a comprehensive approach to holistic self-care, which is the foundation of health and well-being enhancement.

Dr. Ferguson does not serve as a patient's primary care provider or family physician, but has a consultative practice and works with people (and their primary care physicians or other healthcare providers) to develop a personalized integrative medicine health plan designed to your individual preferences, needs, and personal objectives. She will help you to bridge the gap between conventional and holistic approaches, based on her vast experience and the medical literature.

Her phone consultations you can also meet via Skype) allow you to benefit from her expert advice while avoiding the time and expense of traveling.



Should you desire, she can work with your current primary care physician or medical specialist and provide a written report to your physician with sound medical research to assist his or her understanding of your use of these evidence based approaches, documentation on request (and for a nominal additional fee).

### ***A Special Message from Dr. Ferguson:***

Thank you for contacting me! I am honored to have this opportunity to collaborate with you and help you in the process of enhancing your health and well-being.

This is a very exciting time in which we live—we, I believe are on the verge of a major transformation of our health care/medical treatment system. One that will shift our focus from disease to health.

Your health is your birthright and you have an amazing body that when given the proper nutrients and conditions will rejuvenate and repair itself.

My intention is to provide you with the personalized information, tools and techniques that will make a difference in your life. You can rest assured knowing that you will be heard and listened to. It is important that you express any and all facts and bits of information about yourself, anything that will help me to help you to discover the primary contributors to your condition.

Once I have reviewed all of your history and health information, I will then discuss the findings with you by phone. At this time we form a partnership, one where we will work together to restore your health.

To schedule a phone consultation, please call me 219-405-0920 to set up this time.

I truly look forward to working with you.

With love and blessings,

*Elaine R. Ferguson, M.D.*

### **About Dr. Elaine Ferguson:**

While Dr. Ferguson is an allopathically trained physician, a pioneer in the field of holistic and integrative medicine, an internationally best-selling author (*Superhealing: Engaging Your*



*Mind, Body, and Spirit to Create Optimal Health and Well-being*), and much more  
([www.drelaine.com/about](http://www.drelaine.com/about))

While she believes conventional medical care continues to hold an important place in treatment, she recognizes that many health conditions and concerns prevalent in our modern world can be treated effectively through a holistic, integrative approach. Dr. Ferguson, also believes that physical signs and symptoms may be signals/messages that your body is sharing with you to inform you that it is out of balance and that by listening to and honoring symptoms, you may discover what is needed to bring about healing, health and well-being. While dis-ease and illness has been viewed negatively in our society, it can be re-perceived as gift, a profound opportunity for profound spiritual growth, as she considers illnesses as teachers rather than enemies.

Through her respectful partnership with you, together you will explore what is needed to restore your balance and wholeness. Your one-on-one relationship with her is the foundation of this consultative process.

You may want to use a phone consultation to:

- Have a doctor carefully listen to all of your health concerns.
- Receive immediate help with your health problem.
- Reduce dependence on medications.
- Ask questions.
- Obtain a "second opinion" about your condition.
- Find out about uncommonly recognized factors that might be causing or contributing to your health problem(s).
- Get a thorough overview of possible conventional and alternative diagnostic lab tests that help identify factors that may contribute to your health problem.
- Have a lab test reviewed and fully explained by one of our physicians.
- Evaluate the nutritional supplements you are taking.
- Receive comprehensive holistic natural medicine treatment options.
- Develop a customized treatment program for your condition.
- Save travel time and expense.

### **What to expect during your first phone consultation:**

The first phone consult will be approximately 60 minutes long. It includes:

- A careful review of your completed intake form
- Review of your medical history



- Review of current and past lab tests
- Identification of your health goals
- Review of any medications you are currently taking (to avoid unwanted interactions with supplements)
- Review and optimization of any supplements you are currently taking
- Review of your dietary and nutritional status
- Thoroughly answering any questions you may have

Based on the findings, we will develop a customized health plan that will be either faxed or e-mailed to you. This will include:

- A customized nutritional plan
- Proper use on key dietary supplement
- An individualized exercise program
- Mind/body health enhancement techniques (including but not limited to stress reduction and prevention)
- Advice on reducing environmental toxicity

### **Follow-up phone consultations:**

Follow-up consultations are typically scheduled depending on the severity of your condition:  
(Can be modified based on your individual needs)

- Weekly or bimonthly, for the first month
- Once a month (for three months)
- Once every 6 months
- Once a year thereafter

Follow-up consultations are highly recommended so that we can monitor your progress and make adjustments as needed. The average follow-up phone consultation is 15-30 minutes. This can vary depending on your progress and health goals.

### **Fees**

- A non-refundable \$200 deposit upon request for the phone consultation. Upon fee receipt, questionnaires will be forwarded to you.
- Initial telephone consultation: \$450.00 (USD)-This fee includes a thorough review of your medical records, questionnaires, the telephone consultation and a written individualized report. Approximately 4-5 hours of Dr. Ferguson's time (this initial fee is discounted).
- Telephone consultation with your treating physician-can be arranged, or a written report provided for an additional fee (to be determined on an individual basis)



- Follow-up calls, 15-60 minutes prorated at \$250 per hour
- Full payment must be received within 48 hours of scheduling all phone consultations.

## How to Get Started with a Phone Consultation

- Call our office at 219-405-0920 to schedule your appointment time and pay for your consultation with a credit card (Visa, MasterCard or Discover). Payment in advance is required for all phone consultations.
- We will send you the questionnaires, which needs to be completed and received at least 7 days before your appointment.
- Dr. Ferguson will use the time during the first consultation to do a detailed review of your past and present medical history, discuss possible causes of your health problems, and speak generally about setting up a treatment and health restoration program. Your questions are answered and a treatment plan is provided for you to follow.

## Phone Consultation Policies

We cannot bill insurance for the consultation. You can send our receipt to your insurance company to try to receive reimbursement.

If you cancel or miss your scheduled appointment with less than a 48 hour notice there will be no refund. If we receive a cancellation notice 48 hours or more before your scheduled appointment, a cancellation fee of \$50 is charged and the balance is refunded to you.

## Instructions for Initial Consultations

- Send the \$200 non-refundable deposit.
- Dr. Ferguson will forward all intake forms to you via e-mail or mail.
- Mail or e-mail your medical records, lab tests (any **blood work** or analysis) you have done in the last year. This includes cholesterol, HDL, LDL, triglycerides, fasting glucose, etc., and diagnostic testing.
- Mail or e-mail completed questionnaires
- Complete the questionnaires, including a 7 day nutritional intake **journal**.