

Policy and Financial Procedures for Dr. Beatriz Olson's Medical Practice in 2025

Overview of Services:

Dr. Beatriz Olson provides non-emergency, elective integrative care for endocrine issues, women's wellness, and lifestyle and healthy aging counseling.

- **Focus Areas:** Consultations and second opinions on endocrine-thyroid, menopause, age management problems, and preventative care.
- **Referrals:** Patients do not require a physician referral. Physicians may refer complex cases without clear conventional diagnoses.
- **Inclusions:**
 - All consultations are conducted directly by Dr. Olson.
 - Initial neck or thyroid ultrasounds may be included if time allows.
 - A body composition scan is included with office visits.

Patient Expectations:

- **Primary Care:** Patients must continue with their primary care physicians.
- **Virtual Consultations:** Available with appropriate documentation and lab results. Controlled substances are not prescribed.
- **Communication:**
 - Assessments and recommendations are provided to patients and/or their primary care doctors for follow-up.
 - Patients must inform their primary care provider about findings, especially for phone consultations or non-endocrine issues.
- **Responsibility:** Patients are responsible for implementing mutually agreed-upon plans and returning for follow-up care.
- **Lab Results:** Dr. Olson or her team will contact patients with abnormal lab results and provide recommendations, if needed, before follow-up appointments.

Collaborative Care:

Dr. Olson works with colleagues at Yale University, UConn Medical Center, Bridgeport, Waterbury, Greenwich Hospital, and Memorial Sloan Kettering for advanced diagnostics and treatments. Referrals to East Coast cancer centers are provided when necessary.

Philosophy:

Dr. Olson's integrative approach considers personal issues, environment, nutrition, lifestyle, and stressors. She emphasizes the importance of physical exams, when possible, and authentic patient-physician encounters for identifying root causes, promoting healing, and healthy lifespan.

Office Policies:

- **Prescription Refills & Lab Results:** Available Monday through Thursday. The office is closed Friday-Sunday.
- **Hormone and peptide therapy:** Dr. Olson uses FDA-approved or reputable compounding pharmacy hormones and peptides.

The practice does not offer:

- Primary care, emergency care, or weekend care.
 - Management of routine endocrine conditions like diabetes, osteoporosis, thyroid cancer, gender-affirming therapy, and long-term management of obesity. All of these are best managed by a conventional endocrinologist or specialized facilities.
 - Disability, accident-related, or workers' compensation care.
 - Prescription of narcotics, opiates or performance-enhancing androgenic steroids.
 - Hormone prescriptions without documented deficiencies.
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Fees (Effective until June 2025, Increasing by 50% on July 1, 2025):**Appointment Types:**

- **New Patient Visits:**
 - 90 minutes: \$750
 - 120 minutes: \$1,000
- **New Patient Online Virtual Consultations:**
 - 60 minutes: \$500
- **Returning Patient Visits/Phone Consultations:**
 - 30 minutes: \$250
 - 45 minutes: \$375
 - 60 minutes (after 3 years): \$500
 - Annual visits (after 2-2.5 years): \$375
- **Returning After 4 Years:** Considered a new patient consultation.

Payment Policies:

- 50% payment fee is required on making an appointment, the other 50% at the time of service. A credit card is required to secure visits. Checks are not accepted.
- Invoices with appropriate codes are provided for insurance reimbursement claims.

Appointment Policies:

- Appointments must be canceled at least 48 hours in advance.
 - Failure to cancel within 48 hours will result in forfeiture of half the appointment fee.
 - No refunds for rendered services.
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High-Value Integrative Coaching Packages with Dr. Olson (2025):

Group Coaching:

1. Spring 2025: Hormone Health Transformation

- 8 weeks, 60-minute sessions.
- Topics: Menopause, perimenopause, PCOS, bone health, nutrition, gut health, relationships, etc.
- Cost: \$2,400.

2. Fall 2025: EmpowerHer Program

- 10-week hybrid program.
- Includes 120-minute video sessions and 30-minute live discussions.
- Topics: Mind-body medicine, mindfulness, and empowerment.
- CME AMA-PRA credits (20 hours) included.
- Cost: \$5,000.
- Participants receive free access to one of the self-paced 8-week courses.

Self-Paced Courses:

- 8-week courses: \$297.
- Ideal for those seeking affordable access to Dr. Olson’s expertise.

Additional Notes:

- Office closures: Parts of August, December, and during professional education meetings.
- No patient care is provided outside office hours except under prior agreement or unusual circumstances.

Agreement: I have read and agree to Dr. Olson’s policies and consent to receive care from this practice.

Signature: _____

Date: _____