

Policy and Financial Procedures for Dr. Beatriz Olson's Medical Practice in 2025-2026

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 mind-body integrated issues of endocrine-thyroid, menopause, hormone therapy and metabolism of hormones, gut and microbiome issues, 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. Beatriz Olson.
 - Initial neck or thyroid ultrasounds may be included if time allows.
 - A body composition scan is included in evaluations with in-person 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 and West Coast expert colleagues and 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, reversing disease and achieving a long 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.

As of July of 2025, Dr. Beatriz Olson's practice is part-time and does not offer:

- Primary care, emergency care, or weekend care.
 - The management of routine endocrine conditions like diabetes, osteoporosis, thyroid cancer, gender-affirming therapy, obesity long-term management, pregnancy management, and prior authorizations of medicines used for these conditions. All of these are best managed by conventional endocrinologists or specialized facilities.
 - Disability, accident-related, or workers' compensation care.
 - Prescription of narcotics, opiates, benzodiazepines, or performance-enhancing androgenic steroids.
 - Hormone prescriptions without documented deficiencies.
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Fees Effective until June 2025

Note: Prices in red reflect an increase of 50% on July 1, 2025, due to limited availability

Appointment Types:

- **New Patient Visits:**
 - 90 minutes: \$750 (**\$1125**)
 - 120 minutes: \$1,000 (**\$1500**)
- **New Patient On-line virtual Consultations:**
 - 60 minutes: \$500 (**\$750**)
- **Returning Patient Visits/Phone Consultations:**
 - 30 minutes: \$250 (**\$375**)
 - 45 minutes: \$375 (**\$565**)
 - 60 minutes (after 3 years): \$500 (**\$750**)
 - Annual visits (after 2-2.5 years): \$375 (**\$565**)
- **Returning After 4 Years:** Considered a new patient consultation.

Payment Policies:

- A 50% payment fee is required upon 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 new appointments within 48 hours will result in forfeiture of half the appointment fee.
 - No refunds for rendered services.
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High-Value Packages with Dr. Olson (2025-2026):**Individual and Group Coaching:**

See our Coaching section on the website.

Courses:**Fall-Winter 2025: EmpowerHer: Mind Body Medicine Training for Women in Healthcare Program**

- 10-week hybrid program for women in healthcare. Monday evenings live, online group meetings from Oct 13 through Dec 15th, 2025.
- Includes weekly 120-minute video on demand sessions to review in advance of each 90-minute live weekly discussions to reinforce and embody the learning.
- Topics each week: Case-based Mind-body Medicine (60 min), mindfulness training (30 min), and woman-centered empowerment (30 min).
- CME AMA-PRA credits (15 hours) from University of Arizona, earned for documented live-participation section of each week's program.
- Cost: \$5,000
- Participants receive free access to one of the self-paced on demand 8-week courses for women.

Self-Paced On-Demand Courses at www.integrativebeing.org:

- **8-week courses:** \$297 USD. 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:** _____