



Functional Medicine Care for Women

Helping you reverse health concerns
by addressing the root causes

The Wisdom Care Program

For your 1st year of care at Wisdom

Year-long exclusive access to:

- **A comprehensive health history evaluation and strategy session** with your Wisdom doctor during your first appointment
- **Two 60-minute** doctor appointments
- **Four 30-minute** doctor appointments
- **Four 45-minute** nutritionist appointments
- **Personalized & detailed treatment protocols** after each appointment to strategically address your new and ongoing goals
- **A designated Care Coordinator** to guide you through your treatment
- **Messaging inside the portal** with both your doctor and nutritionist

Price: \$175 / month

12-month payment plan >>> **Cancellation available after your 1st appointment**
\$1900 paid upfront (\$200-off) >>> **No cancellations or refunds**



Long-Term Care Plan

Our intention is to be your care team for life.

After you have completed your first 12 months with us, you can continue working with Wisdom through this discounted care plan, which is renewable on an annual basis.

Year-long exclusive access to:

- **Five 30-minute** doctor appointments
- **Three 45-minute** nutritionist appointments
- **Personalized & detailed treatment protocols** after each appointment to strategically address your new and ongoing goals
- **A designated Care Coordinator** to guide you through your treatment
- **Messaging inside the portal** with both your doctor and nutritionist

Price: \$135 / month

12-month payment plan >>> **Cancellation available after your 1st appointment**

\$1370 paid upfront (\$250-off) >>> **No cancellations or refunds**



The Program Process



At Wisdom, you will no longer have to wait for doctor appointments, be rushed through quick appointments, or have to piece together many different forms of care. You'll get everything you need in one easy-to-access patient portal.

How it works:

1. Register for your program

When you register, our care team will help match you with a Wisdom doctor and Wisdom nutritionist. We will answer all of your questions about pricing, testing, supplements, and anything else so that you can feel confident starting your care with us.

2. Schedule your first doctor appointment

We will immediately schedule your first 60-minute appointment with your Wisdom doctor, during which you will review your whole-life health history and together build a personalized strategy for addressing your health concerns.

The Program Process

3. Biomarker testing

After your first appointment, your Wisdom doctor will place orders for your recommended lab test(s). If you previously completed testing, we encourage you to provide those results so that your Wisdom doctor can factor them in and help you avoid completing duplicate testing.

Recommended tests may be in the form of bloodwork (to be completed at a lab near you) or an at-home test kit (which may require urine samples, stool samples, or another sample type that you will collect on your own).

While testing is Wisdom's go-to way to uncover the root cause of one's symptoms, all testing recommended during your program is optional. Testing costs are also not included in the program cost, but can be ordered to fit into your budget.

4. Targeted treatment protocol

After gathering your test results, your Wisdom doctor will provide a personalized and comprehensive holistic treatment plan for your health goals. This protocol will be centered around nutrition, supplements, and lifestyle changes.

5. Ongoing monthly appointments

Over the next 12 months, you have 10 appointments to use. This means you will meet with your Wisdom doctor or nutritionist almost every month! Use these appointments to address your questions and refine your protocol together. Your Wisdom care team will hold non-judgmental space for you, so please know that it is okay if you have not followed your protocol perfectly and want support with challenges that you are facing.



FAQs:

Will my appointment be in-person or virtual via telehealth?

All of our appointments are fully virtual, but they are intentionally 30-60 minutes so that patients can still form deep relationships with their Wisdom practitioners and receive highly personalized care through telehealth.

Can I use an HSA/FSA for my program costs?

Yes! We accept most HSA/FSA plans.

Can I use my health insurance? How much reimbursement should I expect?

Like many functional medicine clinics, we do not yet bill directly to insurance. If you are working with a Wisdom doctor who is licensed in the same state that you are located AND you have out-of-network benefits, you are qualified to submit your invoices from your Wisdom appointments to your insurance for possible reimbursement. The amount that may get reimbursed will depend on a number of factors including your policy's terms and whether you have met your deductible.

If my Wisdom doctor is licensed in a different state from where I am located, how does this change my care?

Your care will be just as in-depth and comprehensive as if you were working with a doctor in-state! The only 2 differences for you will be:

- Your Wisdom doctor will not be able to prescribe pharmaceutical medication for you. If there is ever a need, we will encourage you to go through your current primary care physician near you, or we will happily help you find one.
- You will not legally be qualified to apply to your insurance for possible reimbursement for your Wisdom appointments.

Policies

When you register for your program, you will be asked to sign a liability waiver agreeing to the following policies. We kindly require this before starting care so that we can provide you with the best experience and ensure that you know what to expect!

Program Cancellations:

When paying for a program (in-full or monthly), you are responsible for fulfilling all charges that you originally committed to when purchasing the program. Wisdom programs are a 12-month commitment. You may only cancel your program (eliminating future charges) when you have completed only one appointment AND you are on our monthly payment plan. If you have completed more than one appointment or paid for your program in- full, you are not qualified for a program cancellation.

Doctor Transitions:

If your Wisdom doctor leaves Wisdom, you are still responsible for fulfilling all charges that you originally committed to when purchasing the program. You will not be provided a refund, and you will be provided with new doctor options for smoothly transitioning your care and completing your program.

Refunds:

Refunds will not be issued for services for appointments that have already taken place. When a program has been paid for in-full or monthly, refunds will not be issued for unused appointments.

Appointment Cancellations:

You may cancel your appointments without penalty if requested more than 24 hours in advance. If you cancel your appointment within 24 hours of the appointment and do not reschedule, you are subject to a \$50 cancellation fee. If you have a Monday appointment, your cancellation needs to be requested during business hours on Friday to avoid a penalty.

Appointment Rescheduling:

You may reschedule your appointment without penalty if requested more than 24 hours in advance. If you reschedule your appointment within 24 hours of the appointment, you are subject to a \$25 rescheduling fee. If you have a Monday appointment, your reschedule needs to be requested during business hours on Friday to avoid a penalty.

Appointment No-Shows:

Missed appointments are subject to a 100% no-show fee. This means that 1 appointment deducts from the total number of unused appointments in your program. If desired, please ask us about paying for additional appointments to make up for no-shows.

Completed Programs Without Results:

If you have completed your program and you are unsatisfied with the progress that you have made, you may be qualified for our Wisdom Promise program >>> Read more below!



The Wisdom Promise

Investing in a new doctor can feel like a big commitment, especially when there is no guarantee that you will get the outcomes that you are looking for. At Wisdom, we believe that our patients deserve to feel confident as they begin their care with us. So, we promise to continue working with you until you make progress with your health goals. If you complete your first year with Wisdom, and you feel like you have not made any progress with your health, **we will provide you with complimentary 30-minute appointments with your Wisdom doctor until you start making progress.**

To qualify:

#1 - Complete all of the appointments that were included in your first year-long program with Wisdom.

#2 - Fill out the Wisdom Progress Questionnaire before at least 50% of your appointments with your doctor.

#3 - Complete testing at the beginning and end of your first year-long program with Wisdom to gauge progress.

If you would like our support making sure that you have access to this opportunity at the end of your first year, please reach out to our care team.

