



Balance Natural Medicine

Introductory Appointments

Welcome to Balance Natural Medicine and thank you for your interest in our practice. Before your free introductory appointment, we ask that you read over this document in order to ensure that the appointment goes as smoothly as possible.

Where

- Unless otherwise discussed, your introductory appointment will take place on a service called [Doxy](#). You will receive a confirmation email and text from us with the link which is doxy.me/draegginton.
- If Doxy does not work for you, Dr. Abby can also conduct the appointment over the phone.

Preparing for Your Appointment

- Before your appointment, we ask that you look over [our website](#). Our website has valuable information about what we do, our policies, and general information about naturopathic medicine. balancenaturopathic.com
- Additionally, we ask that you come to your appointment with 1-3 questions prepared in advance. Doing this helps the appointment run smoothly and allows for you to get the most out of it.

What You Should Know Ahead of Time

- Our rate: we charge a prorated fee of \$220/hr. This means that if your appointment is an hour, your charge will be \$220, and if it is half an hour, it will be \$110.
- We do not currently take insurance. While we can provide a superbill for our Connecticut patients, we cannot provide diagnostic codes for our New York or Massachusetts patients. As such, patients should be prepared to pay out of pocket and not be reimbursed by insurance.
- For similar reasons, certain lab work cannot be done in New York. If you are a New York resident and Dr. Abby recommends labs, she will discuss with you how she advises having these done.
- Dr. Abby offers an individualized treatment plan for her patients. When you become a patient at Balance Natural Medicine, you will be given a specific treatment plan tailored to your needs.