

Office: PO Box 123  
1135 Georgetown Rd  
Suite 120  
Bart. PA 17503



Phone: 717-786-0210  
Fax: 717-786-4799  
Email: info@ihconsults.com

**Rita M. Rhoads, MPH, CRNP, CNM**

**For GPS or Mapquest directions use:**

1135 Georgetown Road, Christiana, PA 17509 (In the village of Georgetown/Bart)  
Lower Level Suite 120

**Integrative Health Consults: Treating Tick-Borne Illnesses**

As a new client you are welcomed to our office. Please review the following information about our office and feel free to call if more information is required. We are still accepting clients and are attempting to keep our prices low. Taking responsibility for your appointment time is crucial to us keeping our prices reasonable. Please call between 10:00 a.m. and 4:00 p.m. For emergencies, please dial 911.

**Our Philosophy of Care**

We believe that you, the patient, need to assume responsibility for your plan of care. You need to be involved in making the plan and then you need to follow the plan.

In our practice you can expect a combination of natural therapies and traditional medical care. We believe in choosing from each field that which we feel will best serve you. Many medical treatments address symptoms but do not heal the underlying condition. For this, natural treatments are prescribed. If you feel uncomfortable using natural methods, this may not be the practice best suited to your needs.

Although your insurance plan might pay for prescription medications, it will not pay for the natural part of the plan of care that we expect you to follow. You need to be prepared to pay for these. We do not require you to buy any specific brand; but we can direct you to sources of medical grade supplements that can assist you in the healing process.

Ann L. Johnson, RN, BA is a nurse who is also a nutritional consultant and is part of our practice group. If you have a consultation with her, she will bill you separately. It is highly recommended that you see her and consider it an essential part of your wellness program. She is a health coach who is skilled in guiding you in lifestyle changes you might need to make in order to heal. She also stocks medical grade natural supplements.

Dr. Jerome Martinez Family Chiropractic is also in our Suite but is a separate practice. Scheduling and billing are through his office manager. We encourage you to include chiropractic in your care.

**Appointments:**

- **Initial Appointment:** 1 to 1½ hour appointments and most cost \$275 - \$475 plus \$25 blood draw fee or labs your insurance does not cover. At this appointment your history form is reviewed, lab work drawn, and a partial physical exam is completed. A treatment plan could be started at this appointment and updated at each subsequent appointment.

- Second Appointment: 1 hour appointment and costs approximately \$325. During this appointment a complete physical exam may be done and all lab work from the first appointment is reviewed. A plan of treatment is made.
- Subsequent Appointments: 30-60 minutes and costs approximately \$200 - \$325.

**Missed Appointments:** Your appointment time is reserved for YOU. We do not double schedule. If you are unable to keep your appointment, let us know at your earliest convenience. We require a one week notice of cancellation or you will be billed the session fee. (Day-before appointment cancellations are not acceptable.) For your first appointment, we need 2 week's notice.

We are also considerate of you. If our schedule changes due to patient emergencies, rather than have you wait a long time, we make an effort to contact you. Please be sure we have a valid phone number to reach you on your appointment day.

**Consultant Physician Appointment:** At some point you will see/skype with our consultant physician and will be billed at his going rates of \$475 - \$575. A two week notice is expected to change this appointment. He only comes or does phone/skype consults as needed and we need to utilize his time fully and efficiently.

**Payment:** Payment is expected at the time of service either by cash or check. Receipts will be coded for your submission of the receipt to your insurance company. We can give no guarantee that you will be reimbursed by your insurance company. We do accept credit cards. There will be a 3% handling fee to use a credit card and will be automatically added to the total at the time of transaction.

**Lab Work:** Lab work can be submitted directly to your insurance company, if the lab accepts insurance. Other lab work will need to be paid for at the time of service. Most laboratories will accept credit cards or checks.

**We are not your family doctor/nurse practitioner.** We are here to provide care for your chronic condition such as Lyme disease, other tick-borne illness, adrenal and thyroid dysfunction. Your family practitioner will take care of your acute illnesses such as colds and flu. If you have a specialist for other conditions, please continue to see him/her.

I have read and understand the operating practices of Integrative Health Consults.

---

Signature

---

Date