

# Introductory Patient Information

**Five Seasons Medical**  
*Functional Medicine Clinic*  
[www.fiveseasonsmedical.com](http://www.fiveseasonsmedical.com)  
Phone: (650) 350-8046



## **WELCOME!**

It is my pleasure to welcome you to my practice. My team is dedicated to ensuring your experience meets and exceeds your expectations.

Your care is hugely important as we believe your biggest asset is your good health. We have carefully crafted a suite of programs and services to help guide you through any necessary diet or lifestyle transitions you are looking to make.

Our priority is to provide an environment conducive for healing. We have learned that this requires the following components:

1. Tailored services and efficiency of care
2. Foundational support during transition
3. Patient education, teaching, and learning

For your convenience, we have enclosed some information about our practice and the clinical services we offer.

Our door is always open to you. We strive to be the kind of company that personalizes your health plan in a warm and welcoming environment. Let us know how we can help you feel at home in our practice.

We understand that you have a choice when it comes to your health, and we are grateful that you have trusted us to be on your healthcare team.

If you have any questions, feel free to call us at 650-350-8046.

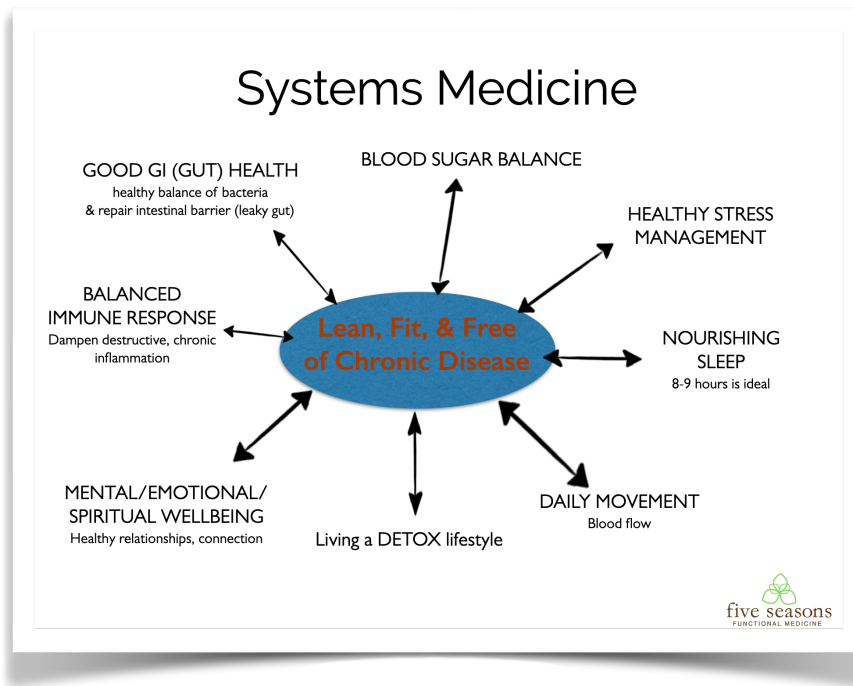
Wishing you the best of health and happiness,

**Courtney Jonson, LAc., CGP**

*Functional Medicine Practitioner, Medical Nutritionist, GAPS Certified*

## PERSONAL HEALTH MANAGEMENT

Functional Medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century.



Guidance and tools are provided to recover from chronic illness and regain your health. By eliminating negative health triggers, replacing nutrient deficient building blocks and implementing sustainable lifestyle changes, the body's self-healing mechanisms can function properly. Interventions include medical diets, proven botanicals, detoxification of toxins, specialized supplementation, homeopathy, and lifestyle modification.

## KEYS TO RESTORING YOUR HEALTH & LONGEVITY

1. Address Your Nutrition
2. Balance Your Blood Sugar, Stress, and Your Hormones
3. Reduce Inflammation
4. Build a Strong Gut Microbiome
5. Enhance Your Body's ability to Detoxify
6. Regulate Your Energy & Calm Your Mind

## CHART OF PROGRAMS

All of our programs have been designed to **save time and money** in the long run by providing the necessary one-on-one time to review lab tests, modify your treatment plan, and learn lifestyle skills fundamental in developing the foundation for **your** lifelong health and self-care. In contrast to the impersonal 7-min doctor appointment, sequential follow-up sessions allow for us to push through resistant blocks that get in the way of fully transitioning into a preventative health lifestyle.

### One-on-One Programs Include:

- Diagnostic strategy & suggestions for lab and functional testing options
- A set of specific dietary strategies along with meal plans & recipes
- Allotted funds for nutritional supplements
- **Online Course: Learn the Keys, Live the Solution**
- Weekly follow-up appointments (30 minutes)

The following chart highlights a few of the differences.

| Program                   | START FRESH Foundations Program  | Live Clean Systems Health Program  | Repair & Clear Nutrition Program  |
|---------------------------|--|--|---|
| <b>Duration</b>           | <b>2 months</b><br>(with 1-on-1 support)   | <b>4 months</b><br>(with 1-on-1 support)   | <b>6 months</b><br>(with 1-on-1 support)  |
| <b>Purpose</b>            | <ul style="list-style-type: none"> <li>• <b>Food Education</b></li> <li>• Inflammation Control - Immune Wind-Down</li> <li>• Blood Sugar Regulation</li> <li>• Liver Detox</li> <li>• Hormonal Health Reset</li> </ul> | <ul style="list-style-type: none"> <li>• Low Plant Toxin Anti-Inflammatory Dietary Transition</li> <li>• <b>Inflammation</b> Wind-Down</li> <li>• <b>Autoimmune</b> Support</li> <li>• <b>Microbiome Regulation</b></li> <li>• <b>Systemic Detoxification</b></li> </ul> | <ul style="list-style-type: none"> <li>• <b>Ketogenic Nutrition Protocol</b></li> <li>• <b>2-Phase Advanced Regeneration Strategy</b></li> <li>• Immune, Endocrine (Hormone), Nervous System (Gut-Brain)</li> </ul> |
| <b>Support</b>            | <ul style="list-style-type: none"> <li>• Orientation Appointment</li> <li>• Weekly 1-on-1 Coaching</li> <li>• Learn the Keys Course</li> <li>• Email Support</li> </ul>  | <ul style="list-style-type: none"> <li>• Orientation Appointment</li> <li>• Weekly 1-on-1 Coaching</li> <li>• Learn the Keys Course</li> <li>• Email Support</li> </ul>  | <ul style="list-style-type: none"> <li>• Orientation Appointment</li> <li>• Weekly months 1-4</li> <li>• Biweekly months 5 &amp; 6</li> <li>• Email Support</li> </ul>  |
| <b>Supplement Credits</b> | <b>600</b><br><i>(included credits for therapeutic tools/ supplementation)</i>   | <b>900</b><br><i>(included credits for therapeutic tools/ supplementation)</i>   | <b>1200*</b><br><i>(included credits for relevant tools/supplements &amp; OATs Test, Age-Rate Test x 2)</i>   |
| <b>Total Fee</b>          | <b>\$2835* (\$3255 value)</b><br>* includes your case review   | <b>\$4875* (\$5475 value)</b><br>* includes your case review   | <b>\$6725* (\$7575 value)</b><br>*includes your case review   |



## **FEE SCHEDULE**

### **Case Review Consultation \$560**

- **Blood Chemistry: \$285 (Comprehensive Bioscreen)**
- **Initial Consultation: \$275 (60 mins)**

Your case review consultation lasts 60 minutes. During this time, we will review your medical history, relevant lab work, your metabolic assessment, and discuss treatment plans and/or programs that may be suitable for you.

Nutritional therapy as well as laboratory/diagnostic testing are integral components of your treatment plan. Nutritional and botanical support products are often recommended, and I will help you select the highest quality products.

#### **Add-On Labs:**

- **GI Map Assessment (Diagnostic Solutions) - \$359**
  - Insights offered include microbiome status, nutritional absorption, gut toxicity, intestinal permeability and others.
- **Organic Acid Test (Great Plains Lab) - \$319**
  - Organic acids are chemical compounds in urine that are products of metabolism. Insights offered include overgrowth of yeast, mold toxicity, mitochondrial dysfunction, oxidative stress, oxalates levels and others.

### **Established Office Visits & Support Plans**

#### **▶ Established Follow Ups: \$150/225 (30-60 mins)**

Follow-up appointments may be scheduled to review relevant follow-up labs and adjust treatment plans.

#### **▶ Follow Up Support Services: \$1050 (*established patients only*)**

Follow-up support services are available to insure dietary transition & treatment plan implementation. Packages of 6 sessions (45 min) are available and can be used with discretion over a 3 month period.

#### **▶ Five Seasons Annual Program: \$2360**

Regularly Scheduled Monthly Consultation (60 min - 1x/month for 12 months). Includes Lab Coordination & Diagnostic Analysis, Dietary & Supplement Strategy, Email Support, 20% off supplements

## TESTING

### **Blood Chemistry: (paid to office)**

|  |       |
|--|-------|
| Comprehensive BioScreen (LabCorp)..... | \$285 |
| Bio-Screen Sustain (LabCorp).....      | \$209 |
| Full Thyroid (LabCorp).....            | \$195 |

### **Cyrex Labs: (paid to office)**

|   |        |
|---|--------|
| Array 2: Intestinal Permeability.....                       | \$295  |
| Array 3: Wheat/Gluten Sensitivity & Autoimmunity.....       | \$425  |
| Array 4: Gluten Cross-Reactive Foods.....                   | \$325  |
| Bundle Array 2, 3, & 4 GUT-FOOD COMBO.....                  | \$795  |
| Array 5: Multiple Autoimmune Reactivity Screen.....         | \$675  |
| Array 10: Multiple Food Immune Reactivity Screen.....       | \$680  |
| Array 10C Bundle: Array 3, Array 4 and Array 10.....        | \$1295 |
| Array 11: Chemical Immune Reactivity Screen.....            | \$450  |
| Array 12: Pathogen-Associated Immune Reactivity Screen..... | \$479  |
| Array 14: Mucosal Immune Reactivity Screen.....             | \$439  |

### **Hormonal Health:**

|   |                                 |
|---|---------------------------------|
| Adrenocortex Stress Profile (Genova)..... | \$159 cash \$75/295 insurance*  |
| One Day Hormone Check (Genova).....       | \$299 cash \$150/350 insurance* |
| Essential Estrogens (Genova).....         | \$249 cash \$100/325 insurance* |
| Rhythm (Genova).....                      | \$279 cash \$100/325 insurance* |
| Male Hormone Panel (Genova).....          | \$299 cash \$125/319 insurance* |

### **Gastro-Intestinal Health:**

|                                    |       |
|------------------------------------|-------|
| GI Map (Diagnostic Solutions)..... | \$359 |
|------------------------------------|-------|

### **Environmental/Metabolic Toxins:**

|   |       |
|---|-------|
| Organic Acids (Great Plains).....                         | \$319 |
| MycoToxins - MOLD (Great Plains - Urine).....             | \$299 |
| Glyphosate (Great Plains - Urine).....                    | \$199 |
| GPL - Toxins .....  | \$219 |
| ENVIROtox Complete (GPL-TOX + OAT + Glyph + MycoTOX)..... | \$829 |

\* *Co-Pay With Major Insurance Carriers*

## **FREQUENTLY ASKED QUESTIONS**

### ***Is Courtney Jonson, LAc. a primary care provider?***

Courtney Jonson, LAc. is a primary care provider but she does not provide acute care services. She can confer with your primary care doctor if requested.

### ***Do I have to see Courtney Jonson, LAc. in person for my medical consultation?***

No, her medical license does not require that she meet with a patient in person in order to provide an initial medical consultation. Consultations via Zoom video are great when developing a sense of rapport and connection. Follow-up appointments can be arranged by phone or video.

### ***How can I order the supplements I need?***

**Online Store:** <https://fiveseasonsmedical.com/online-store/>

### ***Where do I go to do the testing?***

Some testing can be done through conventional laboratories and others are only available through specialty laboratories. During your consultation, we will determine which tests are needed and review testing recommendations, instructions (ex. fasting or non-fasting, etc.) and costs. Some testing can be performed at home with test kits to collect urine, saliva or stool. Others may require you to go to a local laboratory to have blood drawn. In all cases, we will assist you in coordinating initial and follow-up testing.

### ***Do you take insurance?***

Courtney Jonson, LAc. does not accept insurance for consultations and does not file insurance claims on your behalf. However, she will provide a detailed receipt of services performed for you to submit to your insurance carriers. Many of the labs are covered by your insurance with a co-pay. We will discuss these details with you on the day of your appointment.

### ***What happens after my program?***

We offer the following maintenance/retention programs to help keep patients on track:

- 1) Five Seasons Systems Reset Program
- 2) Five Seasons Annual Program