

Introductory Client Information

Courtney Jonson, LAc., CGP
Functional & Lifestyle Medicine
Phone: (650) 350-8046



WELCOME!

It is my pleasure to welcome you to my practice. I am sincerely dedicated to ensuring your experience meets and exceeds your expectations.

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

My priority is to provide an environment conducive for healing. I 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, I have enclosed some information about my practice and the clinical services I offer.

My door is always open to you. I strive to be the kind of practitioner that personalizes your health plan in a warm and welcoming environment. Let me know how I can help you feel at home in my practice.

I understand that you have a choice when it comes to your health, and I am grateful that you have trusted me to be on your healthcare team.

If you have any questions, feel free to reach out to me directly: PH: 650-350-8046
courtney@fiveseasonsmedical.com

Wishing you the best of health and happiness,

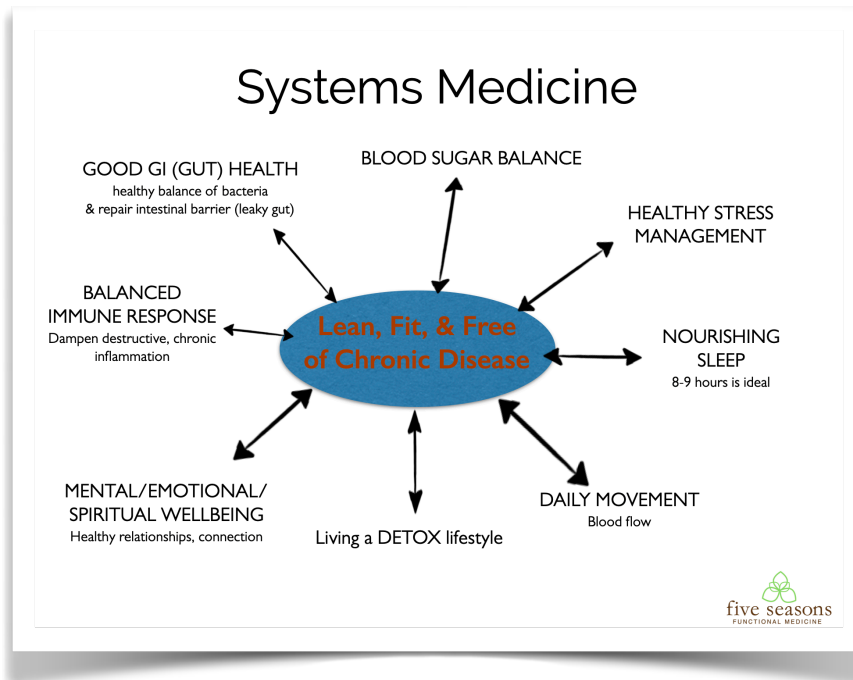
Courtney Jonson

Courtney Jonson, LAc., CGP

Functional Medicine Practitioner, Licensed Acupuncturist, GAPS Certified & Ketogenic Medical Nutritionist

PERSONAL HEALTH MANAGEMENT

Functional & Lifestyle 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 regain health by means of restoring homeostasis. 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 therapeutic dietary strategies, targeted nutrition, detoxification of toxins, 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

CLIENT FEE SCHEDULE

Initial Case Review Consultation


The initial case review consultation is a **one-hour appointment** and includes an objective and scientific focus on your health concerns through a Comprehensive BioScreen (LabCorp blood test) and completed Metabolic Assessment.

The focus covers many areas of your health including gastrointestinal health, immune status, blood sugar & adrenal health, thyroid health, hormonal health, toxicity and more.

WHAT TO EXPECT

This approach is “investigative” and works to support you by addressing the underlying cause of health complaints which leads to more effective and longer lasting results.

- GREATER ENERGY
- BETTER DIGESTION
- MENTAL CLARITY & FOCUS
- BETTER RELATIONSHIP WITH FOOD
- HEALTHY WEIGHT LOSS
- LESS INFLAMMATION
- AUTONOMY OVER YOUR HEALTH



Insulin Resistance/Diabetes	Lab High Glucose, Lab High HbA1c, Lab High Triglycerides, High Uric Acid
Autoimmune Thyroid	Positive TPO, Positive TBC Antibodies
Adrenal Stress	Lab High rT3
Inflammation	High CRP, High Monocytes, High Ferritin
Vitamin D Need	Lab Low Vitamin D, Low Phosphorus
Lipid Imbalance	Lab High LDL, Lab High Cholesterol, Lab Low HDL, Lab High Chol/HDL Ratio
Phase II Detox Need/Methylation Support	High Homocysteine

Your Initial Case Review Consultation includes:

Comprehensive Bio-Screen LabCorp (cash-only price): \$285*

*Insurance price \$1700

1 Hour Consultation: \$275**

**Includes:

- Report of Findings: detailed metabolic assessment, summary of underlying patterns that are contributing to your symptoms
- Treatment Plan - Diet, Lifestyle & Nutrition
- Educational Resources

Total: **\$560**

ONE-ON-ONE FOUNDATION PROGRAMS

All of my 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.

Programs Include:

- Diagnostic strategy & suggestions for lab and functional testing options
- Specific dietary strategies along with meal plans & recipes
- Allotted funds for nutritional supplements & tech tools
- Online Learning Videos
- **Orientation:** 1 Hour - Getting Ready to Be Ready
- Follow-up appointments (30 minutes)

The following chart highlights a few of the differences.

	startfresh TM METABOLIC RESET PROGRAM	liveclean TM 3-PHASE SOLUTION FOR AUTOIMMUNE	annualplan TM LIVE THE SOLUTION
Program	Metabolic & Hormone Reset Program	Gut-Immune-Autoimmune Recovery Program	Maintenance & Monitoring Program
Duration	2 Months	4 Months	12 Months
Purpose	<ul style="list-style-type: none"> • Macro-Nutrient Food Education • Inflammation Control - Immune Wind-Down • Blood Sugar /Glucose Regulation • Liver Detox Support 	<ul style="list-style-type: none"> • Blood Sugar Control • Inflammation Wind-Down • Autoimmune Repair • Comprehensive Gut Repair • Comprehensive Detoxification • Hormone Re-Balance 	<ul style="list-style-type: none"> • Established Clients Only • Keep Patterns Visible • Maintain Remission
Support	<ul style="list-style-type: none"> • Start Fresh Instruction Manual • Orientation Appointment • Weekly 1-on-1 Follow Ups • Chat/Email Support • Meal Plan & Recipes 	<ul style="list-style-type: none"> • Live Clean Instruction Manual • Orientation Appointment • Weekly 1-on-1 Coaching, Bi-Weekly on Month 4 • Chat/Email Support • Learn the Keys - Helpful to Know Learning Modules • Meal Plan & Recipes • Pantry Makeover 	<ul style="list-style-type: none"> • Two Comprehensive BioScreen Blood Tests (Semi-Annual)* • Four Consultations (Quarterly - every 3 months) • 25 % off FullScript Rx Support • Complimentary Lab Analysis • Unlimited Chat/Email Support
Supplement Credits	600* <i>-(banked funds for therapeutic tools/ nutritional supplementation)</i>	900* <i>(banked funds for therapeutic tools/ nutritional supplementation)</i> <i>-KetoMojo Glucose Monitor</i>	N/A
Total Fee	\$2685* * includes your initial consultation * includes supplement bank	\$4895* * includes your initial consultation * includes supplement bank	\$1495* Option 1: Two Blood Tests + Quarterly Consults Option 2: 12 Sessions (Nutrition Education & Training)

DIAGNOSTIC LAB SERVICES

Blood Chemistry: (cash rate)

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

Cyrex Labs:

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
One Day Hormone Check (Genova).....	\$299
Essential Estrogens (Genova).....	\$249
Rhythm (Genova).....	\$279
Male Hormone Panel (Genova).....	\$299

Gastro-Intestinal Health:

GI Map (Diagnostic Solutions).....	\$389
GI Effects (Genova).....	\$420

Environmental/Metabolic Toxins:

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

**Partnership with Rupa Health means you get practitioner - pricing plus a 7% service fee to include all of your support.*

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 consult 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. Follow-up appointments can be arranged in person or by video. Consultations via Zoom video are great after a sense of rapport and connection has been made during times it's more convenient to meet virtually.

How can I order the supplements I need?

Online Store: You will be given an account to FullScript to order supplements moving forward.

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 can 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.