

Holistic Einstein PLLC

Dan Einstein MD

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Web: www.holistic-einstein.com Email: dan@holistic-einstein.com

Welcome to Holistic Einstein, the practice of Dan Einstein, MD. I strive to make sure that everyone gets excellent holistic and conventional healthcare as well as a pleasant patient experience, so please let me know if there is anything I could improve. A copy of this handout, and all my other forms, are on the website listed above.

Services

Family Medicine-Anyone from Newborns to Elderly with referrals as needed

Energetic Herbal Medicine -Plant medicine to help guide a life journey

Anthroposophical Medicine-A type of medicine pioneered by Rudolf Steiner (who also started Waldorf Education and Biodynamic Agriculture) that focuses on balancing different energies in the body.

Integrative Medicine-This is an adjunct to conventional family medicine which includes pharmaceutical/herb interactions, nutrition and personalized exercise. I received additional training/certification for this in my residency program.

Minor procedures- Removal of skin tags, warts, sutures etc.

Patients with Disabilities

I am committed to providing equal access to my services to all patients. If you are unable to get to my clinic or unable to climb stairs, please let me know, and I will arrange a home visit. There is no additional fee for this service.

Communication

Phone: 207-470-0499. This will usually be answered by a voicemail which pages me when someone leaves a message. If you need an immediate call back, please say so on the message, and I will get back to you in 30 minutes. Immediate call backs usually come from my cell phone, which is a blocked number, so please make sure your phone allows that. Non-emergency calls on clinic days will be returned over the course of the day. The exception unless is for calls asking to scheduling a same day appointment, which will be returned between patients. Non-emergency calls on non clinic days will be returned by the next regular business day.

Email: I welcome people to communicate with me by email at dan@holistic-einstein.com.

Email is not a secure medium, so I really do not like discussing health matters this way. I have provided a secure communications website (patient portal below) to avoid that. That said, I

understand that email is much more convenient for people, and I'll respond to most emails the same day (or certainly by the next day.)

Patient Portal: <http://holistic-einstein.myupdox.com>. Log in to this website for secure communication with me. This is my preferred method of communication, and every patient will get a username and password emailed to them after your first visit. Please feel free to email me if you have problems with the site.

Scheduling

-This can be done by patient portal, phone or email. See communication section below for details

-Please arrive 15 minutes before your scheduled appointment if you have not already filled out visit paperwork in advance (on the website holistic-einstein.com).

-Visit lengths are as follows:

-60 minutes-Initial Visits, complex follow ups

-30 minutes-Simple follow ups

-15 minutes-Sick Visits (new onset cold, sore throat, urinary tract infection)

-Please give 24hrs notice if you need to cancel an appointment.

- If you are more than 20 minutes late, you will need to be rescheduled.

Fees and Payment

-My basic fee is \$110/hr, or \$100/hr if you pay at the time of visit. I am committed to serving people of all income levels, so please contact me if you cannot afford this.

-The first visit is \$55 or \$50 if paid at the time of visit. This is a 60 minute appointment for review of past medical problems, medications and previous medical providers. If we decide to go right to an energy herbal visit, that is \$150.

-Printed records are \$10 for the first page and then 15 cents a page after that. I will send any amount of records to you on the patient portal (see below) for \$10, or put them on CD for \$15.

-I accept cash and checks. Returned checks are subject to a \$25 fee.

-Unfortunately, I do not take insurance. I tried to make this work, but was unable to fit my holistic practice into their model. If I do not take your insurance, I am happy to provide a "superbill" that can be submitted to other insurances for reimbursement. The exception to this is Medicare which does not allow patients to submit superbills.

Hours

Regular Hours: Tuesdays from 9am to 3pm (Rockport)

 Wednesdays from 9am to 4pm (Freeport)

 I am available for urgent visits all other weekdays in Freeport