



105 Tenpenny St  
Freeport, ME 04032

219 Mill St.  
Rockport, ME 04856

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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. Treatment is mostly homeopathic

Integrative Medicine-This is an adjunct to conventional family medicine which includes pharmaceutical/herb interactions, nutrition and personalized exercise.

### **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](mailto: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 by the next day. If you prefer email communication, please give me permission to contact you that way on the demographic form

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



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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](http://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 \$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 \$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.

-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, checks and credit cards. If you can do cash or checks, it helps keep my prices low. 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