



FUNCTIONAL MEDICINE

INFORMATION PACKET



BELLA
health + wellness

Making people whole

BELLA HEALTH + WELLNESS

Bella Health + Wellness

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What is Functional Medicine?

A holistic approach for chronic illness and disease

Functional medicine determines how and why illness occurs and restores health by addressing the root causes of disease for each individual. Functional medicine is where many patients turn when they've tried everything else and still can't find relief.

Some estimate that chronic disease accounts for 86% of all healthcare costs in the United States. 50% of adults suffer from **one** chronic condition. 25% struggle from **two or more**. Many feel they've tried everything without relief. Functional medicine suggests there's another way. Bella is proud to be a pioneer in functional medicine.

HOW IS IT DIFFERENT?

The functional medicine model is an individualized, patient-centered, science-based approach that empowers patients and practitioners to work together to address the underlying causes of disease and promote optimal wellness.

Functional medicine leverages advances in clinical/laboratory testing with thorough explorations of everything from diet, to environment, to hereditary factors. It's holistic. It's integrated. It's hope. ***It's okay to hope again.***

WHAT DOES PERSONALIZED MEDICINE MEAN?

Functional medicine requires a detailed understanding of each patient's genetic, biochemical, and lifestyle factors. It is investigative and thorough, and it leverages data to create personalized treatment plans that lead to improved patient outcomes.

It demands true partnership between patient and provider. While finding a final care plan can take time, it often results in feeling better and sustaining wellness.

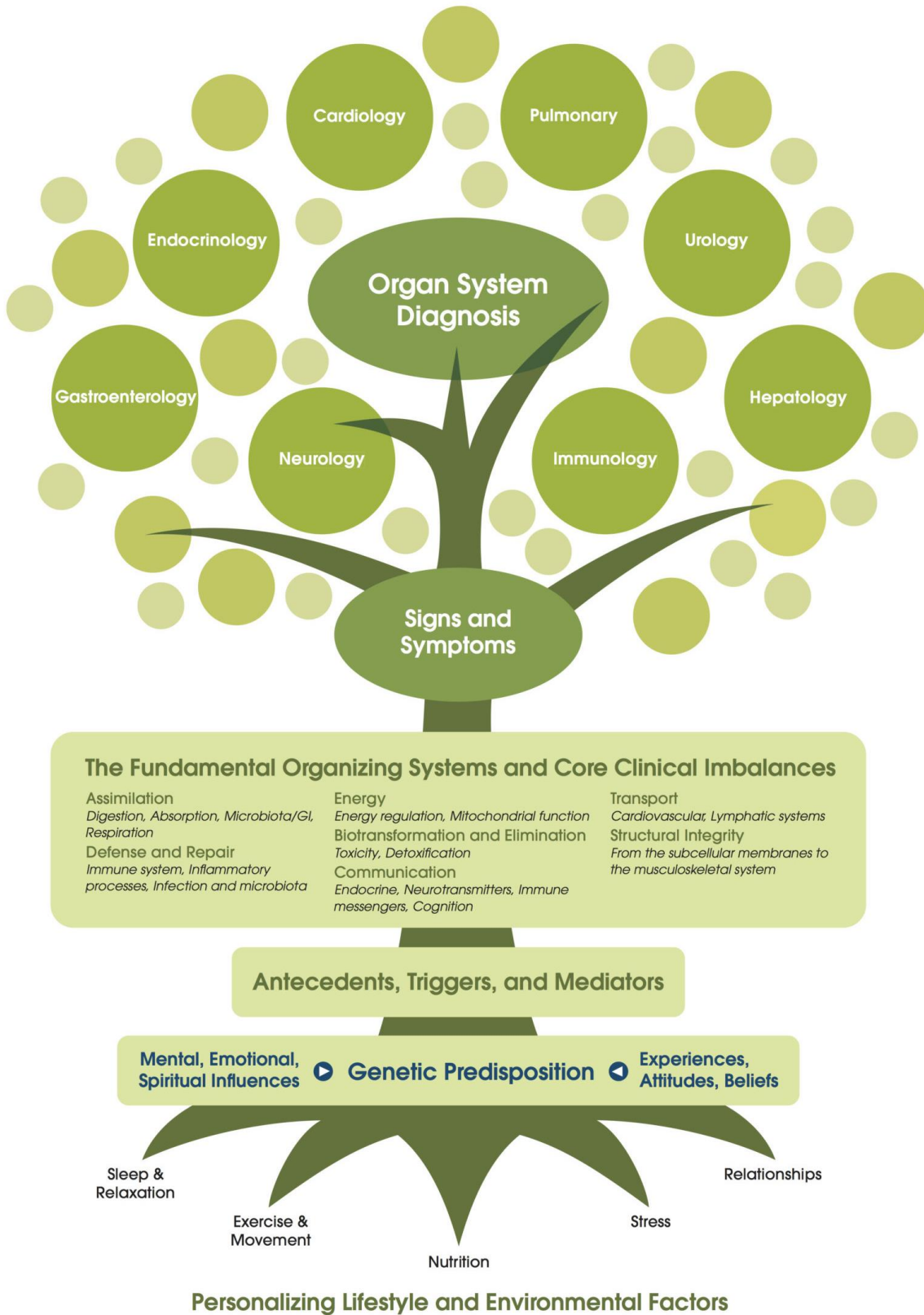
IS FUNCTIONAL MEDICINE "WEIRD" SCIENCE?

While newer than some branches of Western medicine, functional medicine is not radical or strange. It is evidence-based and grounded by clinical testing and data.

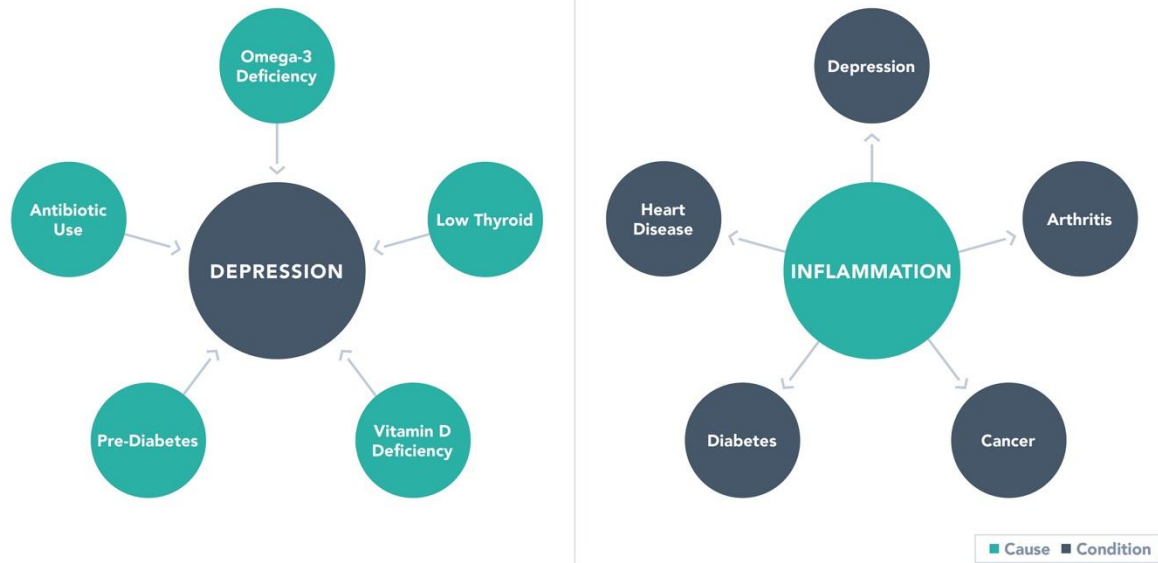
It's unique because it seeks root cause, which requires taking the time to listen to a patient's full story and running comprehensive tests. It does not stop at symptoms.

As a result, functional medicine targets the specific manifestations of disease in each individual.

The Functional Medicine Tree



One Condition, Many Causes | One Cause, Many Conditions



Meet the Provider

DEVON NELSON, MSN, FNP-C, AFMCP

Devon is a wife and mother of two sons. In her free time, she enjoys hiking with her husband, CrossFit, and adventures with her boys. As a certified Family Nurse Practitioner, she cares for a variety of patients on our Family Medicine team. Her passion for identifying root causes, advocating for her patients, and finding effective treatments elevates and restores the health of her patients. We are blessed to have such a dedicated and compassionate nurse practitioner pioneer this specialty at Bella Health + Wellness.



Additionally, we have a full team of nurses, medical assistants, ultrasonographers and administrative staff here to support and care for you during your care! Please don't hesitate to let us know how we can best journey with you!

Laboratories

LabCorp

Initial screening labs are run through LabCorp. You can choose to pay in-office through Bella's self-pay prices or run the labs through your insurance. If you opt to run them through your insurance, you will receive a bill from LabCorp.

Genova

Headquartered in Asheville, N.C., Genova Diagnostics is a global clinical laboratory, pioneering a systems-based approach that supports healthcare providers in the personalized treatment and prevention of chronic disease.

Chronic diseases are often complex, and Genova's system-based testing helps physicians develop targeted treatments for their patients. Easy-to-read color graphic reports synthesize test results into actionable information and facilitate physician-patient communication.

GI Effects Comprehensive Stool Profile	IgG Food Antibodies
IgE Food Antibodies	IgG Spice Profile
IgE Inhalants – Allergy Test	IgG Vegetarian Food Profile
IgE Mold – Allergy Test	

LOGISTICS AND PAYMENT

Depending on the test, you have will your blood drawn at Bella or collect a stool sample at home. You will complete payment for Genova testing online. Visit <https://www.gdx.net/pay> and input your Invoice/Order Number or Test

Requisition Number. Bella Health + Wellness will provide you with your Invoice Invoice/Order Number or Test Requisition Number.

Phone: 800-522-4762

Business Hours: 8:30 a.m. – 5:00 p.m. (EST)

DiagnosTechs

DiagnosTechs is a Clinical & Research Laboratory that provides non-invasive testing options for healthcare providers and their patients.

The Adrenal Stress Index Panel can help discover the causes, by measuring cortisol and five other hormones through saliva over 24 hours. Saliva is the best method for measuring free, active levels of cortisol. The collection process is noninvasive and painless. Samples can be collected anywhere—home, office or anywhere in between. 24-hour measurement provides a more complete image of your body's stress response.

LOGISTICS AND PAYMENT

The test kit will be shipped to your mailing address. you will collect the saliva samples at home and return them via provided shipping materials. You will complete payment for DiagnosTechs testing online. Visit <https://www.diagnostechs.com/patients/pay-a-bill/> and input your Accession Number. Diagnostics will bill you directly after processing through insurance.

DiagnosTechs will submit claims to a variety of insurance companies at your request. Insurance is not a guarantee of payment, and it is the patient's responsibility to verify out-of-network benefit coverage with his/her insurance carrier prior to testing. When they bill insurance, they bill at a full retail per line-item price and do not accept any allowable adjustments. This means that the patient is responsible for any difference between the insurance payment and the insurance billed rate and/or out-of-network deductibles and coinsurances up to the full retail price.

Phone: 425-251-0596

Business Hours: 7:30 a.m. – 5:00 p.m. (PST)

Billing

What to Expect

FIRST VISIT

Bella is a unique provider in the Functional Medicine world. As a primary care provider with contracts with most major insurance companies, we are able to bill patients' insurance plans for some Functional Medicine costs.

But insurance does not cover all of the costs of the comprehensive physical examination, medical history, lab panels, and diagnostics involved with initiating therapy. Patients will also incur some out-of-pocket expenses.

PATIENTS WITH INSURANCE | \$977 + Appointment Visit to Insurance

SELF-PAY PATIENTS | \$1,177

FOLLOW-UP VISITS

On subsequent visits, patients will simply pay the normal fees incurred with care. For those with insurance, we will bill your carrier as normal. For those who are self-pay, you will pay the typical out-of-pocket expenses.

Important Contact Information



FUNCTIONAL MEDICINE

B E L L A
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WOMEN • MEN • CHILDREN

OFFICE HOURS

Monday-Friday: 7:30 a.m. - 5 p.m.

We are closed for lunch from 12:30 p.m. - 1:30 p.m. during the week.

OFFICE ADDRESS

180 East Hampden Avenue, Suite 100
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