

*KATHLEEN M. THOMSEN MD, MPH, ABIHM  
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**Greetings,**

Thank you for your interest in our holistically oriented health practice. This letter is designed to help you understand who we are and how our practice is set up. Please take the time to read it carefully.

**Background and Practice Philosophy**

Dr. Kate Thomsen's educational background includes:

- Bachelor's degrees in Education and Chemistry
- Doctor of Medicine (MD), residency trained in Family Medicine
- Masters in Public Health
- Two year fellowship in Women's Health
- Certified in Functional Medicine

Dr Thomsen's medical training in primary care and women's health along with her former career as an environmentalist have given her a unique vantage point in her consultations with patients. She views health as an ecosystem, looking at how a patient is functioning as a whole - not as pieces or parts. Functional Medicine has given her effective tools to both evaluate and treat in this way. Dr. Thomsen was a proud member of the first graduating class of the Institute for Functional Medicine's rigorous certification program in 2013.

Dr Thomsen applies Functional Medicine in the evaluation and balancing of personal genomic and lifestyle influences on health. It allows her to be a "medical detective" in search of the root causes of symptoms and conditions.

## Who Sees Dr Thomsen and For What

The practice is open to both men and women from ages 15 and beyond. People see Dr Thomsen for:

Annual Physical Exams, Women's Health issues, basic Gynecology (including annual exams), Bio-Identical Hormone Therapy, Detoxification, Prevention of Chronic Disease (including cardiovascular disease, diabetes, arthritis, osteoporosis, autoimmune conditions, chronic infections...), Gastrointestinal conditions, Cell Membrane Therapy, Energy Medicine, Genomics/ Lifestyle Evaluations, Nutritional Medicine, among others.

We focus on preventative medicine by evaluating risk factors, including genomics, and reaching for health goals using lifestyle changes and natural products. Most people have health goals that include: cardiovascular health, cancer prevention, body composition and weight management and optimizing nutrition.

Dr Thomsen also has many new and innovative testing and treatment options including:

- Mona Lisa Touch™ - laser for Vaginal Health rejuvenation
- BEMER™ - Physical Vascular Therapy to improve overall health and performance
- Cholesterol Testing - a detailed report that describes your particles and inflammation markers
- WatchPAT™ - A Sleep Study that can be performed in your own home
- Heart Rate Variability - An evaluation of your Autonomic Nervous System balance
- EndoPAT™ - Evaluates the health of the Inner Lining of Your Blood Vessels
- Genomic Testing - Provides insight into the Interaction of Your Genes and Your Lifestyle

## **What to Expect**

There will be a lot of paperwork (or e-forms) in advance so that we can better understand you and your concerns at the first visit. We work with a variety of labs including many functional medicine labs. We also do some testing on-site. Evaluations are typically in areas of your health, background and lifestyle that are new and exciting to most patients. The Initial Visit is 1 ½ hours long. You will spend 1 hour with Dr. Thomsen and 30 minutes with a Health Coach. Dr. Thomsen's consultations and exams are very comprehensive. We have found that many people are excited by all the detailed new information they are receiving about their health. The role of the coach is to answer questions and explain, personalize and start the treatment plan.

Revisits are needed to review test results, review additional symptoms, assess treatment efficacy and proceed with the treatment plan. Revisits are 30 minutes long and a coach visit may follow.

We perform routine blood testing in the office. We typically order testing from a lab that is covered by your insurance. Some functional medicine testing may include blood testing, urine, saliva or stool testing. With the exception of the blood samples, these tests are done at home at your convenience and sent to the appropriate lab by an express carrier. Some functional medicine testing may be covered by your insurance and some may not be.

## **Fees**

Initial Office Visit fee is \$650.00.

You will need to complete the initial visit history form and return it to us at least one week prior to your visit. This will enable us to perform a records review and set up your chart.

Please also include with your medical history form a \$325.00 non-refundable deposit (see attached deposit information). You will then pay the remaining balance at the time of your appointment.

*Cancellations must be made at least 24 hours prior to the visit so that we can attempt to fill the time slot. Please take note that should you cancel your initial appointment without giving this advance notice or fail to show-up for any reason, the \$325.00 deposit will be forfeit.*

Revisit fee is \$275.00.

*Please take note that should you cancel your appointment with less than 24 hour notice or fail to show-up for any reason, 50% of your visit fee( \$137.50) will be forfeit.*

## **Insurance Plans**

We regret that we cannot participate in any managed care, Medicare, or other health insurance plan. We have found that these plans are very restrictive in their time and resource allotment and do not value the time we feel is necessary to practice true preventive medicine or get to the root cause of health conditions.

## **Payment and Reimbursement**

Payment is expected at the time of your visit (you may pay by cash, check, Visa or MasterCard) and appropriate forms will be provided for you to submit for reimbursement from your insurance carrier. Health care reimbursement is a moving target these days and no guarantee can be made regarding the probability or amount of your reimbursement.

## **Office Hours and Contact**

Different programs are always taking place in the office. Patient consultations take place on Mondays, Wednesdays and Thursdays from 9 am to 4 pm. Phones will be off one hour for lunch. You may call during our office hours; at other times you may leave a message. We will return your message on our next day in the office.

## **Primary Care**

We are a consulting practice and while many patients get most of their care with Dr Thomsen, we believe that it is in your best interest to continue a relationship with a primary care physician for emergency care or more pharmaceutically based care should that be needed.

## **In Summary**

You should expect a warm welcome and to be treated with kindness and respect. We are a fairly small office and patients find it relaxing and comfortable. Our treatments are aimed at replacing what's missing and re-balancing the whole. We often hear "finally, someone is able and willing to help me find answers!"

We look forward to assisting you in your goal of good health!!!!

**Sincerely,**

Kathleen M. Thomsen, MD, MPH  
*and staff*