

Sonas Integrative Medical Center, LLC
3750 North Main, Suite 4
Durango, CO 81301
Tel: 970-247-2500 Fax: 970-247-2505

Dear Client,

Welcome to our integrative medical clinic! “Sonas” is Happiness in Gaelic. Our goal is to help you find happiness, peace, and healing. We serve your health needs in a way that may be different in any way you have experienced before. Most of you come to us with unique and complex histories and life events that the standard Western model of care – 15 minute office visits – doesn’t serve well.

We take the needed time to learn not only your complex medical history, but also to learn about your lifestyle, dietary, emotional, social, and spiritual states - all pertinent and relevant to your physical health. From this information and our evaluation, we can then approach your care in a global way that includes working with you to develop an integrative plan of care. A plan of care can be as simple as a lifestyle modification or as complex as integrating prescriptive medications with supplementation of herbs and vitamins. A plan of care may include referral to other practitioners such as surgeons, medical subspecialists, counselors, body workers (i.e. massage therapists), naturopathic doctors, or acupuncturists. We assume that when you come to us, you are seeking a medical professional who can help you discern the root cause of your health problems and help you develop a plan that will help you achieve your health goals.

We look forward to meeting you and your family!

Fees and Policies

We bill insurance!

We are a preferred provider for many insurance companies and can bill your insurance for you regardless of our status with your insurance. Please arrive 15 minutes before your appointment so that our staff can verify your insurance, deductibles, and all that jazz.

Discounted Services for Medicare and Medicaid: As of January 1, 2011, we opted out of Medicare and started offering a **50% discount off office visits and a 20% off procedures/IVs** (paid at time of service discount) to those with Medicare/Medicaid. To explain, after working with Medicare for a year, we realized we couldn’t cover our overhead costs and was put in jeopardy of closing our doors. We feel that by doing this, we can provide our holistic care to many individuals in need and make ends meet.

Discounted Services: For those without insurance, we offer a 10% “pre-pay” discount. We also offer a Family Plan - pre-pay \$1000 towards you or your family’s care and receive a 20% discount on office visits and procedures.

Payment Plans: We do not want to turn any patient away that needs and desires quality medical care but has financial difficulties. We are happy to set up a reasonable plan for you based on your needs and abilities.

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Types of Appointments:

New Patient: We usually spend 1 hour with a new patient and if your case is complex, we prefer 1 ½ - 2 hours.

Return Visit: We schedule follow-up visits based on the complexity of your case, ranging from 15 minutes to one hour.

Physicals and Pap Smears: We perform well-woman exams and pap smears, physicals for men, well child exams, and sports physicals.

Acute/Urgent Care: Yes, we can treat you or your loved ones when you hurt or cut yourself, or get a rash, urinary tract infection, or respiratory illness, etc. These appointments take 15 – 30 minutes. We will do our best to see you on the day you are ill or injured.

Procedures: We perform many procedures – laceration repair, trigger point injections, joint injections, and lesion/mole removal.

Telephone Consults/Emails: We usually don't charge for quick (5 minute or less) telephone calls or emails to address brief questions/concerns or to triage a problem. We do charge (fee based on time) for more lengthy telephone calls or emails. Insurance companies vary on their willingness to cover visits not done face to face.

Cancellation Policy: As an integrative medical clinic taking more time with you, we only see around 25% of the volume of a standard medical practice. Because of this, we need to adhere to a strict policy requiring 24-hour notice. We ask that you notify us as soon as able to cancel or reschedule an appointment. The fee for a “no-show” appointment is that of your office visit. Please know that we understand emergencies and unforeseen circumstances sometimes prevent timely notification and that we would not hold you financially responsible if that is the case.

Return Check Fee: \$75.00

IV Therapies: As an integrative medical clinic, we recommend and offer to many of our patients IV Nutrition or Chelation (heavy metal detoxification). These are not covered by your insurance (unless you can prequalify based on your medical condition) and are administered in our office by Sonas Infusion Center, LLC. Payment for IVs (unless prequalified) are expected at time of service. We offer a discount of 20% for a series of IVs (10) purchased in advanced.