



DR. SHANNYN FOWL, ND
Naturopathic Medical Doctor

5575 Lake Park Way

Suite 114

La Mesa, CA 91942

Phone: 619/772-1164

Fax: 619/463-8986

www.journeyofhealth.org

Health is a Journey.

Welcome to my practice of health rejuvenation! I look forward to partnering with you to find natural solutions for your healthcare needs. At our first meeting, we will begin the process of information gathering (this usually takes a few appointments to complete). We will talk about your concerns, your health history and I will do a physical exam. Then we will discuss my wellness approach and plan the first steps toward you feeling better. My goal is to understand your uniqueness and to provide individualized health care based on that understanding.

How to prepare for your appointment:

It is helpful for you to return your completed New Patient Registration **3 days before** your appointment. This will allow me to look over your information, start your chart and optimize our time together. You can do this via mail, email, fax or in person. Please bring a copy of any labs from within the last 6 months. A Record Release Form is enclosed for you to fill out if we need to labs from another doctor. If your history is extensive or complicated, you may want to prepare a written timeline of dates and events including surgeries, traumas, medicines and any emotional shocks. If you have any questions about the above, please call before your appointment and we will gladly provide clarification.

Appointment Arrival:

Upon entering our office waiting room, if a receptionist is not available, please flip the light switch labeled "Dr. Shannyn" to signal your arrival. This switch is located on the wall to your right.

Financial Information

At this time, Insurance generally does not cover Naturopathic Medicine in the state of California. However, check with your carrier or insurance agent and consider self filing for reimbursement. **Flex spending accounts and health spending accounts DO cover Naturopathic Medical Care.** Please inform us if you are going to self-file claims or use a Flex/Healthcare Spending account and we will provide you with the appropriate coding information.

Payment in the form of credit card, check or cash is accepted and due at time of service. Failure to provide 24 hour notice for cancellation or no show of an appointment will result in a \$25.00 no show fee. There is a \$35 fee for returned checks. After 90 days of non-payment, we may refer your account to collections.

Please also find enclosed a pamphlet about Naturopathic Medicine and you can visit my website for commonly asked questions. *I look forward to meeting you and helping you find solutions to your health problems so you focus on the things you love.*

In Health,
Dr. Shannyn Fowl, N.D.