

## New Patient Information-Stephenville

In order to becoming a patient at Alexander Clinic, we request that you have some lab work done. This workup includes a General Health Profile (CBC w/o diff., TSH, Lipid Profile, and a CMP.) You must be fasting a minimum of 12 hours prior to the lab work. Black coffee, water, or unsweetened tea is allowed. Take any medications that you are prescribed. We will order the lab at the time of your first appointment and you can have it done at any lab and have you insurance pay for it. You do not have to have them done prior to being seen. If you have had these tests within the last 12 months, we can accept those, so request them from your doctor. You may bring the results with you or fax them to 325-202-2869. You will be responsible for payment to the lab and can file on your insurance.

We do not file insurance for office visits as most do not pay for weight loss. You will be provided a detailed receipt that can be used to file on your insurance for reimbursement directly to you if you so desire. Our services are covered by FLEX reimbursement plans and your FLEX card is welcomed here.

All visits are cash, check, Master Card, Visa, or Discover. The fee for your first visit is \$175.00, which includes your initial consultation and your choice of a Lipotropic injection, a box of B12 Patches or a bottle of ChromeMate. Any additional supplements or injections are extra. After making your appointment, you can download the information from our website including a two-page personal history form. If you cannot print this form, please be at your appointment 15 minutes early to complete the paper work.

Follow up visits are \$70.00 every 28 days. This will include the issuing of your prescription (not medication cost) and personal maintenance for the next 28 days.

On your first visit, you will see an instructional video presented by Dr. Alexander to acquaint you with the program. You will then be weighed, measured, and your blood pressure taken. Dr. Alexander will go over your lab results and personal history sheet and then be in to discuss the best way for you to begin your weight loss. You will be given a prescription for helping control your appetite. The prescription will be for 28 days, at which time you will return for you follow up appointment. You will be weighed, measured, have your blood pressure taken, and see the doctor at each visit. You will not be put on a strict diet or have supplements that you have to buy, although some are available here. Dr. Alexander wants you to set up proper eating habits, high protein/lower fat/lower carb diet three meals a day, something that you will be able to maintain once you lose your unwanted weight.

Feel free to give us a call at 325-668-2600.