



## Healthy Connections Hood River

### Jeff Horacek, MD – Internal and Functional Medicine Physician

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#### Phase One of Functional Care:

*This phase is to better understand the root causes of your current imbalances – we call this the “assessment phase” as it generally takes two visits (minimum) to discover the missing pieces of your unique health puzzle.*

#### *Two Initial MD Visits, including:*

- **Comprehensive Intake Visit:** Living Matrix review, Initial Plan of Care including lifestyle recommendations
- **Follow Up MD Visit:** Review Labs, Update Plan of Care and Determine Next Steps
- **Cost: \$450 (can be paid \$300 at initial and \$150 at follow up)**
- *Cost does not include labs or recommended supplements. Costs can range from \$150-\$500+ depending on what is recommended. Many lab tests are covered by insurance.*

#### Phase Two of Functional Care:

*Following your initial Phase One care at Healthy Connections, you and Dr. Horacek will create the best plan of action for your treatment. Subsequent treatment visits are at the rate of:*

- MD Fee: \$300/hour, \$150/30 minute visit (in person or virtual)
- Coaching, Counseling or Nutrition Consult visits: \$100/hour
- *Effective Nov 1, Fee for Service rates for MD visits will increase to \$350/hour. Phase One of Functional Care will increase to \$550 for initial two visits. This increase is to help account for the preparation and follow up time that Dr. Horacek spends to individualize your assessment and treatment.*