

Welcome to the practice! I thought it would be helpful to spell out some details to avoid any confusion. My goal is to help you feel better, realizing that no honest human being can predict the future or guarantee an outcome. To work together, we need some guidelines.

### Getting Started

-Dr. Holmgren will email you with links for several clinical forms:

- o Psychiatric History
- o Symptom Monitoring Scale
- o Side Effect Scale

Please complete these forms and submit them as directed.

**-Please note that the Doctor-Patient relationship will only begin once you meet with Dr. Holmgren face to face in his office. Establishing the Patient Portal and submitting clinical forms is \*not\* sufficient to establish a Doctor-Patient relationship.**

-At the beginning of the initial session, Dr. Holmgren will review the Treatment Consent with you. To save time, you may print and sign this yourself and bring it with you to your initial session.

-Payment is due prior to commencing the initial evaluation. If you wish to pay by credit card, please do so in advance through your HelloHealth patient portal. If you prefer to pay by cash or check, you may bring payment to your first session and Dr. Holmgren will issue you a receipt.

### Established Patients

-Dr. Holmgren understands that it can be difficult and inconvenient to meet during normal working hours on a regular basis. Dr. Holmgren does expect that you meet with him face to face at least once per quarter. However, many routine issues can be managed with phone calls, electronic messaging and video chats.

-Dr. Holmgren will do his best to monitor symptom severity, side effects, refill availability and other clinical issues. However, psychiatric symptoms can be unpredictable and life is complicated. Please do your best to contact Dr. Holmgren if you are experiencing or anticipating any problems including an increase in symptoms, an increase in side effects, or you anticipate running low on medication. Dr. Holmgren prefers to be contacted by email, though if you prefer a more private communication method, a patient portal through Practice Fusion will be provided to you.

-If you feel your treatment is not going well, or if you feel this model of treatment is not right for you, please let Dr. Holmgren know. He will not be offended, and he will work with you to make adjustments, seek a second opinion or make a referral to another psychiatrist.

### **Fees**

-The initial evaluation is \$300 which includes 3 months of follow up. For anyone prescribed stimulant medications (typically prescribed for Attention Deficit Disorder), which require additional monitoring, the fee is \$350.

-Ongoing treatment is \$125 per quarter (\$150/quarter for stimulant medications). If quarterly fees are not maintained in a timely fashion, further treatment will require a new evaluation at the standard fee.

-All phone calls, emails and video chats are included in the quarterly fees. In addition, the quarterly fee includes one face to face session. Further face to face sessions may require additional payment at a fee of \$50.

-Paperwork requests, including prior authorizations, are \$50. This fee does not guarantee the prior authorization will be approved. Extensive paperwork requests may require additional fees. Simple paperwork requiring a signature or something similar are included in the standard quarterly fees.