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DR. MAYA ROTH, N.D.

OFFICE POLICIES AND PROCEDURES

Welcome to my office and to naturopathic health care! This notice outlines my office policies and follow-up procedures. My office hours are Monday through Friday 8am-6pm. When out of the office, I can be reached by cell phone for immediate concerns. I try to return all other phone calls and emails within 24 hours, or on the next business day.

Preparation

In preparation for your first visit, I recommend that you: a) contact your healthcare provider(s) to obtain your recent medical records including laboratory and diagnostic test reports that you may wish for me to review; and b) make a list of all prescription medicines and natural supplements that you are currently taking. Please include daily dose and indication.

Initial Evaluation

My primary goal is to determine the underlying cause of your health challenge. Your initial evaluation may include a detailed health history; review of your current medications, supplements, and medical records; complete head-to-toe physical exam; and, if necessary, laboratory testing to establish the cause of your health challenge. I look at the whole person to create a personalized health care program. Please allow for 1.5 hours for your initial evaluation.

Follow-up Visits

Subsequent office visits last 30 minutes to 1 hour and are scheduled in 2-12 week intervals. The length of visit is based on your progress and health concerns. During follow-up visits, I report and interpret your lab results, make new recommendations, gather your interim health history, assess your progress, answer your questions, and recommend changes to your treatment plan (if needed). Face-to-face interaction is required to make changes to your treatment plan, report and interpret your abnormal or suboptimal laboratory test findings, and make any new treatment recommendations.

Payment Policies & Office Fees

Initial Evaluation (90 minutes) - \$295

Follow up visits: (30 minutes) - \$95; (45 minutes) - \$145; (60 minutes) - \$195

Payment is required at the time of service.

My office accepts three forms of payment:

- Cash, check or money order (There is a fee for returned checks)
- Credit card (Visa, Mastercard, American Express, Discover)
- Health insurance (if applicable)

Nutritional supplements and laboratory tests incur separate fees. Depending on your insurance carrier or plan, laboratory testing may be covered by your insurance.

Telephone and email policies

I am very accessible by telephone and email. I welcome your questions and concerns. My office is able to answer all administrative questions over the phone or by email. I try to return all phone calls and emails within 24 hours or on the next business day. However, please remember that changes to your treatment plan, new treatment recommendations, and interpreting and reporting of your laboratory test findings require face-to-face evaluations.