

## TEMPORARY 2020 SERVICE MENU

*Due to changes beginning in March 2020 and because we serve largely a population of people who are at higher risk, we are adjusting all services to be done via phone until it is safe for our clients to resume regular services. For an original service menu, please reach out to Katrina Bogdon, ND.*

### **Naturopathic Phone Consults**

<b>Initial Naturopathic Consult (90 min)-Complex</b>	<b>\$180</b>
<b>Initial Naturopathic Consult (60 min)-Brief</b>	<b>\$120</b>
<b>Follow up Naturopathic Consult (up to 45 min)</b>	<b>\$80</b>
<b>Late Cancellation/No Show Fee</b>	<b>\$30</b>

*The complex initial consult is reserved for people with more complex cases, or people seeking more complex recommendations. Commonly, most follow up visits are scheduled 4-5 weeks after a complex initial consult. The brief initial consult focuses on taking your history and making a few initial recommendations with more complete recommendations delivered at a follow up visit 2-3 weeks later at a follow up visit. Follow up naturopathic consults are reserved for established naturopathic clients only. Services are not covered by insurance, and do not include the cost of any tests or supplements. Late cancellations are considered 24 hours notice or less.*

### **Support Calls**

<b>20 minute support call</b>	<b>\$36</b>
-------------------------------	-------------

*Support calls are designed to answer questions regarding immune health, respiratory health, and to discuss strategies to help reduce stress. We are here to support you during these times. These support calls are for established clients. If you are not currently an established client but looking for this type of support, please contact Katrina Bogdon, ND directly for more information.*