

**Welcome** to The Center for Integrative Wellness where Our “Specialty” is You. We are Lansing’s only licensed naturopathic physicians. Your questions are important to us and we are happy to answer any inquiries in our facility or over the phone. This introductory packet will provide you with the necessary information for your first consultation, as well as our policies, billing information, and practitioner information. We work on your behalf, integrating evidence based alternative services with your conventional care to provide you the best of both worlds so that your care is optimal. Our practice includes naturopathic medicine, functional medicine, therapeutic lifestyle management, clinical nutrition, botanical medicine, stress management, strength and conditioning recommendations, and health coaching.

Naturopathic physicians are trained to use natural medicine to facilitate the healing power of nature and improve your quality of life. The focus is on building health and regenerating one’s self, not simply treating symptoms or disease. We do not treat disease directly, but rather strengthen the body’s vital force and stimulate true healing of the body. Symptoms are an external expression that the body has some type of dysfunction occurring within; and instead of limiting our interventions to palliating these symptoms, we look for the cause of the problem and address this dysfunction through an individualized plan that can integrate diet, lifestyle, physical movement, restorative therapies, botanical/herbal medicine, nutritional supplementation and medical foods, and homeopathy.

Naturopathic physicians are trained as primary health care practitioners and receive a doctorate degree from four-year accredited Naturopathic Medical colleges. Currently there are six such institutions in the United States and two in Canada. A four-year bachelor’s degree is required to enter the program. Specific pre-medical courses in the basic sciences are required such as biology, chemistry, physics, and etc. The basic courses taken in the first two years of naturopathic medical school are similar to those taken in conventional medical and chiropractic programs including anatomy, physiology, biochemistry, histology, embryology, psychology, pathology, neuroanatomy, microbiology, immunology, pharmacology, radiology, clinical and physical diagnosis, laboratory diagnosis, and evidence based medicine. There are also courses in cardiology, gynecology, obstetrics, diagnostic imaging, minor surgery, pediatrics, geriatrics, environmental medicine, EENT, endocrinology, dermatology, neurology, proctology, oncology, urology, medical genetics, counseling, and stress management.

Naturopathic training is unique in that it teaches pharmacology and the role of conventional medicine, but the focus is on natural alternatives that can be used to improve health and wellness. There are a plethora of natural therapeutics taught at naturopathic medical schools including nutrition, diet, botanical or herbal medicine, homeopathy, hydrotherapy, massage, naturopathic manipulative therapies, physiotherapy, and doctor patient relations. The clinic training occurs over the last 2 years of medical college under the supervision of a licensed naturopathic doctor, medical doctor, or chiropractic doctor. During this two-year period, clinical rotations are performed in hydrotherapy and massage, naturopathic medicine, laboratory services, and women’s healthcare at the various clinical sites. This provides the students with a vast exposure to variety of conditions and techniques in naturopathic patient care.

The founder of The Center for Integrative Wellness, Dr. Nicholas Morgan, is a graduate of the National University of Health Sciences in Lombard, Illinois. If you have any questions regarding the medical training of naturopaths, we will provide you with direct access to the schools and the national organization. If looking for graduates in other locations, the American Association of Naturopathic Physicians, which is the nationwide professional organization for the field of Naturopathic Medicine, can be accessed directly on their web site; [www.naturopathic.org](http://www.naturopathic.org). The Michigan Association of Naturopathic Physicians is actively addressing licensure in Michigan at this time and you can contact them at [www.michnd.org](http://www.michnd.org) for more on the political evolution of the naturopathic field in Michigan.

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**Client's Bill of Rights in Michigan**

**“THE STATE OF MICHIGAN HAS NOT ADOPTED ANY EDUCATIONAL TRAINING STANDARDS FOR UNLICENSED COMPLEMENTARY AND ALTERNATIVE HEALTH CARE PRACTITIONERS. THIS STATEMENT OF CREDENTIALS IS FOR INFORMATIONAL PURPOSES ONLY.”**

Under Michigan law, an unlicensed complementary and alternative healthcare practitioner may not provide a medical diagnosis or recommend discontinuance of medically prescribed treatments. If a client desires a diagnosis from a licensed physician, chiropractor, or acupuncture practitioner, services from a physician, chiropractor, nurse, osteopath, physical therapist, dietician, nutritionist, acupuncture practitioner, athletic trainer, or any other type of healthcare provider, the client may seek such services at any time. A client has the right to choose freely among available practitioners and to change practitioners after services have begun, within the limits of health insurance, medical assistance, or other health programs.

Every client has a right to complete and current information concerning the practitioner's assessment and recommended service that is to be provided, including the expected duration and the service to be provided. All information provided during office visits, charted notes, and lab reports are confidential unless release of these records are authorized in writing by the client or otherwise provided by law. All clients have the right to be allowed access to records and written information from records in accordance with section 144.335. It is our policy to provide copies of laboratory reports to clients during follow-up appointments. All clients have the right to be seen by other practitioners, and at the written request of the client, we will assist the transfer of information from any of our facilities to the new provider to ensure continuity of care. Clients have the right to refuse any recommended services or treatments, and The Center for Integrative Wellness, LLC has the right to refuse service to anyone. Our facility will provide courteous treatment free of verbal, physical, and sexual abuse. Clients may assert their rights without retaliation.

You will receive another important document to sign in connection with your care at our facility entitled “Declaration and Consent.” This document also contains rights which you have under Michigan law, and those rights and information should be considered incorporated into this document by reference. You will be required to acknowledge and sign that this packet has been provided for you and you can receive another copy at any time.

The Center for Integrative Wellness, LLC location and contacts for the MI Bill of Rights

Contact: Nicholas Morgan, ND  
The Center for Integrative Wellness, LLC  
1106 North Cedar Street Suite 200  
Lansing, Michigan 48906  
Phone – (517) 455-7455 Fax – (517) 940-4372  
[DrNicholasMorgan@gmail.com](mailto:DrNicholasMorgan@gmail.com)  
<http://naturopathic.doctor>

## **The Center for Integrative Wellness, LLC Policy Statement and General Information**

**Maintaining current address, telephone number, and email:** We request that you keep your file current by informing us of any changes of address, telephone number, and email.

**Office Consultations:** All appointments (except 15 minute check-ins) are billed at a flat rate of \$40 for every 15 minutes. Initial office visits with our providers will be scheduled for 60-90 minutes, clients are only billed for the time spent in consultation with their provider. Follow up visits will vary depending on client need and services rendered, but the average length of a consultation can vary from 30-60 minutes. All clients are seen on an appointment basis and appointments should be made as far in advance as possible. On rare occasions emergencies may permit us from keeping a scheduled appointment; in this event you will be notified as soon as possible and your appointment will be rescheduled. If you miss an appointment or fail to notify us at least 24 hours before the scheduled time of the appointment, you will be charged 50 dollars.

**Wellness Recovery Membership:** Your Wellness Recovery Membership will help you control costs by offering a flat rate of \$70 a month with a \$100 enrollment. For this rate you receive up to 2 visits a month. This works well if you have a Health Savings Account, Flexible Spending Account, or no insurance at all. If you are a current patient, then enrollment is free. If you are a new patient, then enrollment is \$100. There is also the added benefit of receiving 25% of all your supplements. If you spend \$100 dollars a month on supplements, then you save \$300 dollars a year.

**Telephone Consultations:** Clients are encouraged to call and ask questions. If your questions require speaking with a healthcare provider, you will either be asked to come in for a short visit or you may set up a brief phone consultation in place of an in-person office visit. For established patients seen within the last year a 15 minute check-in is available for \$20. If you live more than 1 hour from The Center for Integrative Wellness and do not wish to make the drive then regularly priced (\$40 for every 15 minutes) Skype or telephone appointments are available. A credit card on file is required for phone consultations.

**Payment:** Payment is DUE IN FULL AT THE TIME OF THE VISIT. No natural supplements or laboratory tests can be issued without payment in full at the time of service. Credit card services are available for Visa, MasterCard, Discover, and American Express. We accept **Flexible Spending Accounts and Health Savings Accounts** as forms of payment so please ask your employer if these options are available.

**Insurance:** At this time naturopathic care is not covered by insurance companies in the states of Michigan, Indiana, or Ohio; therefore we do not submit insurance claims. Clients may submit claims on their own for reimbursement if they so choose.

**Mail Order Services:** Mail orders are available for clients who need refills and are unable to come in and pick up their supplement items at the clinic. Our policy for mail orders is that full payment be made before the order is shipped, either by credit card or check. We offer a 15% discount to all clients who choose to utilize the direct order program. Contact our staff for the phone numbers and contact information you will need for these services.

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### **Consultation Fee Schedule for The Center for Integrative Wellness, LLC**

Nicholas Morgan, ND Consultation	\$40 for every 15 minutes
Wellness Recovery membership	\$170 initial and \$70 monthly
Over the phone 15-minute check-in	\$20
Lectures on specific topics not including travel	\$200/hour
Lunch & learn or health fair for employees	No charge

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### **Health Care Providers at The Center for Integrative Wellness, LLC**

Dr. Nicholas Morgan is the founder of The Center for Integrative Wellness. He is the first naturopathic rheumatology resident in the United States and the first naturopathic resident in the state of Michigan. Dr. Morgan was born and raised in Flint, Michigan. While in Flint he was active in both his school and the community. In undergrad Dr. Morgan attended Cornell University for a year before transferring to Albion College. He graduated with a BA in Psychology with honors in Anthropology and Sociology and a minor in Chemistry. After graduating he worked with substance abusers and adults with mental illness. It was at that time that he decided to return to school for additional training.

In 2011, Dr. Morgan graduated Magna Cum Laude from National University of Health Sciences with a Doctor of Naturopathic Medicine. National University of Health Sciences is accredited by the Council on Naturopathic Medical Education and recognized by the United States Department of Education. Dr. Morgan passed the Naturopathic Licensing Examinations (NPLEX) and holds a physician's license in the state of Utah because the state of Michigan does not license their naturopathic physicians.

Dr. Morgan's medical interests include arthritis prevention, methylation polymorphisms, mental illness, autoimmune diseases, metabolic medicine, nutritional biochemistry, mitochondrial dysfunction, and functional medicine. He completed two years of rheumatology training and founded The Center for Integrative Wellness. The Center provides affordable naturopathic consultations to traditionally underserved populations. The Center will also work in collaboration with Arthritis Care PC and other physicians in the community to maintain a naturopathic rheumatology residency in the Greater Lansing Area to support an integrative approach to medicine. Dr. Morgan also researches for the Institute of Functional Medicine, consults with Albion College Track & Field teams, and is on the board of directors for the Genesee STEM Academy.

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We look forward to assisting you on your healing path.

Yours in Health,

Nicholas Morgan, ND