

At Wellness MD, we help people reverse chronic illness, achieve weight loss, and restore vitality through a comprehensive approach that includes Lifestyle Medicine, a Menopause Clinic, Coaching, CBT, Therapeutic Food Planning, Hormone Treatment, Functional Medicine Testing, Psychotherapy and personalized 1:1 support.

**Patient Details:**

<b>Name:</b>	_____	<b>Last Name:</b>	_____
<b>Date of Birth:</b>	_____	<b>OHIP Number:</b>	_____
<b>Address:</b>	_____	<b>Phone number:</b>	_____
	_____	<b>Email:</b>	_____

**Referral For:**

- Lifestyle Medicine, Weight Loss, Menopause** - *Dr. Daniela Steyn, MD, FCFP, Dip ABLM* (Initial consult and CBT covered by OHIP with a referral)
- Naturopathic Doctor (Menopause Certified)** - *Dr. Julia Fountain, ND* (Covered by Private Insurance)
- Naturopathic Doctor (Menopause Certified)** - *Dr. Stephanie Matte, ND* (Covered by Private Insurance) (*Gut Health, IBS, Chronic Fatigue, Stress, Burnout, PCOS*)
- Registered Psychotherapist** - *Stephanie Tenhaeff, M.Psy, RP, BCC* (Covered by Private Insurance)
- Cognitive Behavioural Therapy (CBT)** - *Dr. Jessika Schaman / Dr. Ellie Mirchi / Dr. Eileen Alexander* (Covered by OHIP, no trauma counselling)
- Therapeutic Botox Treatments, PRP for Hair Growth** - *Dr. Alexandra Yudin, MD, CCFP* (Initial consult covered by OHIP) Products are private-pay or covered by private insurance. Relief for chronic migraines, management of primary hyperhidrosis, and bruxism.
- Registered Nutritionists and Health Coaching for Gut Health & Hormonal Balance** - *Bonnie Flemington / Gina Alfieri* (Covered by Private Insurance)
- Functional Medicine, Health Coaching, Mindset Coach, Integrative Pharmacist** - *Farah Jamani RPh, NBC-HWC / Jessica Pozo RN* (Private Pay)
- Life & Health and Wellness Coach** - *Cecilia Lanier, M.Ed, NBC-HWC, MINT member* (Private Pay)
- Marriage Counselling** - *Erika Botha* (Private pay)
- Medical Grade Skincare** - *Praveshni Govender* (Private Pay)
- Scar & Stretch Mark Removal Without Laser** - *Garnel du Preez* (Private Pay)

**Referred By:**

<b>Name:</b>	_____	<b>Billing Number:</b>	_____
<b>Phone Number:</b>	_____	<b>Fax Number:</b>	_____
<b>Signature:</b>	_____	<b>Date:</b>	_____

Is the referring MD part of an FHO/FHN?      Yes       No

**\*\*For FHO Doctors:**      Kindly let your patient know whether you would prefer to do their refills, or if you prefer to de-roster and have your patient follow up with Dr. Steyn for hormones/weight loss medicine \*\*