

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

Patient Details:

Name:

Last name:

Date of Birth:

OHIP number:

Address:

Phone number:

E-mail:

Referral For:

- Dr. Daniela Steyn, MD, CCFP, Dip ABLM - Lifestyle Medicine , Weight Loss, Menopause**
(Initial consult and CBT covered by OHIP with a referral)
- Dr. Julia Fountain - Naturopathic Doctor (Menopause)**
(Private Pay)
- Dr. Jessika Schaman, MD - Cognitive Behavioural Therapy (CBT)**
(Covered by OHIP, **no negative negation for FHO**, no trauma counselling)
Anxiety, sleep disorder, eating disorder, post-partum depression, burnout, stress, anger, adjustment disorder, illness, insomnia, relationship, bereavement, menopause.
- Dr. Alexandra Yudin, M.D. CCFP - Therapeutic Botox Treatments, PRP for Hair Growth**
(Initial consult covered by OHIP. Products are private pay)
Relief for chronic migraines, management of primary hyperhidrosis, bruxism
- Registered Nutritionist and Health Coaching for Gut Health**
(Not Covered by OHIP)
Bloating, IBS, Chronic Diarrhea, Constipation etc. Personalized nutrition and health coaching support to implement the FODMAP diet.
- Holistic pharmacist, functional medicine/mindset coach, Farah Jamani, RPh., NBC-HWC**
(Not covered by OHIP)
- Marriage Counselling, Erika Botha**
(Private pay)

Referred By:

Name:

Phone number:

Signature:

Billing number :

Fax number :

Date :