

At Wellness MD we help people reverse chronic illness and lose weight with Lifestyle Medicine and Obesity Medicine, Coaching, Therapeutic Food Planning and 1:1 support.

## Patient Details:

**Name:**

**Last name:**

**Date of Birth:**

**OHIP number:**

**Address:**

**Phone number:**

**E-mail:**

## Referral For :

- Obesity Medicine with Dr. Ashley White** (Initial consult covered by OHIP with a referral)
- Lifestyle Medicine - Dr. Daniela Steyn, MD, CCFP, Dip ABLM**  
(Initial consult covered by OHIP with a referral)  
Nutrition, Physical Activity, Restorative sleep, Stress management, avoidance of risky substances and positive social connections.
- Cognitive Behavioural Therapy (CBT) -Dr. Daniela Steyn, MD, CCFP, Dip ABLM**  
(Covered by OHIP)  
Anxiety, sleep disorder, eating disorder, post-partum depression, burnout, stress, anger, adjustment disorder, illness, insomnia, relationship, bereavement, menopause.
- 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 FODMAP diet.
- Integrated Pharmacy, Lifestyle and Mindset Coaching with Farah Jamani**  
(Not covered by OHIP)

## Referred By:

**Name:**

**Phone number:**

**Signature:**

**Billing number :**

**Fax number :**

**Date :**