

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, and personalized 1:1 support.

Patient Details:

Name:

Last name:

Date of Birth:

OHIP number:

Address:

Phone number:

E-mail:

Referral For:

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Dr. Daniela Steyn, MD, FCFP, Dip ABLM - Lifestyle Medicine, Weight Loss, Menopause (Initial consult and CBT covered by OHIP with a referral)

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Dr. Julia Fountain - Naturopathic Doctor (Menopause Certified)
(Covered by Private Insurance)

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Dr. Jessika Schaman, MD - Cognitive Behavioural Therapy (CBT)
(Covered by OHIP, **no negative negation for FHO**, no trauma counselling)
Anxiety, sleep disorder, post-partum depression, burnout, stress, anger, adjustment disorder, illness, insomnia, relationship, bereavement, and menopause.

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Dr. Alexandra Yudin, MD, CCFP: Therapeutic Botox Treatments, PRP for Hair Growth
(Initial consult covered by OHIP. Products are private pay/covered by private insurance.
Relief for chronic migraines, management of primary hyperhidrosis, and bruxism.

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Registered Nutritionists and Health Coaching for Gut Health & Hormonal Balance
(Covered by Private Insurance)

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Functional Medicine, Health Coaching, Mindset Coach, Integrative Pharmacist
Farah Jamani RPh, NBC-HWC / Jessica Pozo RN
(Not covered by OHIP)

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Marriage Counselling, Erika Botha
(Private pay)

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Medical grade skincare: Praveszni; **Scar & Stretch mark** revision: Garnel
(Private pay)

Referred By:

Name:

Phone number:

Signature:

Billing number :

Fax number :

Date :

Is referring MD part of a 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 **

Phone: (289) 272 - 2770

Fax: (289) 351 - 2951

220-3075 Hospital Gate, Oakville, Canada

info@wellnessmdhealth.com