

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:

Name:	_____	Last Name:	_____
Date of Birth:	_____	OHIP Number:	_____
Address:	_____	Phone number:	_____
	_____	Email:	_____

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)
- ☐ **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:

Name:	_____	Billing Number:	_____
Phone Number:	_____	Fax Number:	_____
Signature:	_____	Date:	_____

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 **

Phone: (289) 272 - 2770

Fax: (289) 351 - 2951

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