



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 **