

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:	_____
Email:	_____		

Referral For:

- ☐ **Dr. Daniela Steyn, MD, FCFP, Dip ABLM - Lifestyle Medicine, Weight Loss, Menopause**
(Initial consult and CBT covered by OHIP with a referral)
- ☐ **Dr. Julia Fountain - Naturopathic Doctor (Menopause Certified)**
(Covered by Private Insurance)
- ☐ **Stephanie Tenhaeff, M.Psy, RP, BCC - Registered Psychotherapist:**
(Covered by Private Insurance)
- ☐ **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.
- ☐ **Dr. Alexandra Yudin, MD, CCFP: Therapeutic Botox Treatments, PRP for Hair Growth**
(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**
(Covered by Private Insurance)
- ☐ **Functional Medicine, Health Coaching, Mindset Coach, Integrative Pharmacist**
Farah Jamani RPh, NBC-HWC / Jessica Pozo RN
(Not covered by OHIP)
- ☐ **Marriage Counselling, Erika Botha**
(Private pay)
- ☐ **Medical grade skincare - Praveshni (Private Pay)**
Scar & Stretch mark revision - 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 **