



Thank you for your interest in Matrix Health and Wellness evaluations. Before we get started with the initial appointment, please complete the following steps:

### **1. Provide Any Recent Test Results**

- Provide any diagnostic testing results from the last 3–6 months
- Fax documents to 484–854–0899 or one can email the documents in PDF format to [info@matrixhealthwell.com](mailto:info@matrixhealthwell.com) . If there are a lot of tests please save them into a zip file.
- If faxes are received inverted, the client will be asked to resend them. One can only send a maximum of 25 pages per Fax. If there are more than 25 pages please send them in a separate fax.
- If one has a yahoo, Hotmail, AOL or older email providers, it may be suggested to open up a gmail account in order to prevent documents being sent from getting lost.

### **2. Write and Email a Detailed Biography**

Please write the following information in a Microsoft Word document and email the file to [info@matrixhealthwell.com](mailto:info@matrixhealthwell.com):

#### **Contact information**

- Name
- Address
- Email address
- Telephone number (cell phone or work phone)
- Emergency contact number
- Date of birth
- Age
- Name and phone number of Doctor(s) with whom you work. Please note if they are receptive and open-minded.



### **Detailed Health History**

- Current symptoms and events including biological, emotional, structural, and environmental imbalances which may have contributed to your current medical condition
- Family history of cardiovascular disease, cancer, diabetes, and other degenerative conditions
- Prescribed medications and dosages
- Supplement regimen including brand, product name, dosage, and the time/frequency administered
- A three day food diary including two typical week days and one weekend day
- Average weekly exercise schedule including frequency/intensity of weightlifting and cardiovascular workouts

### **3. Please pay 24–48 hours prior to appointment**

- Create a Pay pal account (if you do not have one) and send payment to the Matrix Health and Wellness Paypal account (identified by the email address [matrixhealthandwellness@gmail.com](mailto:matrixhealthandwellness@gmail.com)). When sending payment, indicate the payment type as “personal” and “service”.
- All consultations are charged at \$250 per clinical hour \*
- Follow-up consultations are \$150 per clinical half hour \*
- Additional time is charged at \$70 per 15 minutes or any part thereof
- Your Initial Consultation (\$495) is intensive and in-depth. These average approximately 2 hours. At the end of this consultation, your consultant will send you an Initial Treatment Plan along with his recommendations for additional testing, if any. Please allow 2–3 days (excluding weekends and holidays) for an email with this information
- If appointment is a physical meeting face-to-face, payment may be rendered at the time of service.
- Appointments are non-refundable.

**\*\* A clinical hour is defined as 50 minutes. A clinical half hour is defined as 25 minutes.**



4. **Emails will be returned with in 2–3 business days. As an effort to provide the best care to each client, please keep emails to a minimum (no more than 3–4 brief emails) between appointments. If you have detailed questions, please reserve them for your next follow up appointment.**
  
5. **If a client has a question please provide the emails in the following format for proper efficiency. Please write your question then leave a space between each additional question for an appropriate response.**
  
6. **Results will be discussed at the time of the appointment. The client may have access to all lab results to review them prior to the scheduled appointment time.**
  
7. **For your confidentiality, please refrain from using Shawn Bean’s Facebook page to discuss labs results, ask questions, or to share updates on the status of current symptoms.**
  
8. **All cases are reviewed by the supervising healthcare provider Jess Armine, DC or Mary Kashurba, MD.**

**MEDICAL DISCLAIMER:**

**I AM NOT A MEDICAL PROFESSIONAL. THE INFORMATION PRESENTED IS INTENDED FOR EDUCATIONAL AND RESEARCH PURPOSES ONLY AND IS NOT INTENDED TO BE A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS OR TREATMENT. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE, OR DELAY IN SEEKING IT. THE INFORMATION AND SUGGESTIONS PRESENTED SHOULD BE DISCUSSED WITH YOUR TREATING MEDICAL PROFESSIONAL.**