



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 . 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:

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 openminded.

Center for Bio-individualized Medicine
8420 West Chester Pike, Suite 200
Upper Darby, PA 19082

phone: 484-868-0916
email: info@matrixhealthwell.com



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 to payment to the Matrix Health and Wellness Pay pal account (identified by the email address matrixhealthandwellness@gmail.com). When sending payment, indicate the payment type as “personal” and “service”.
- Initial appointment is \$350 (approximately 75 minutes)
- Follow-up appointments are \$150 (approximately 40 minutes). Each additional 15 minutes is \$50.
- If appointment is a physical meeting face-to-face, payment may be rendered at the time of service
- Appointments are non-refundable.

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.

Pennsylvania
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- 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 health care 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.

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