

March 2016



# Functional and Integrative Medicine of Idaho, P.A.

Gail Eberharter, MD  
Karen Callegy, PA

Dear Patients and Friends,

Please note that we have made changes to our supplement process. Listed below you will find the details of how you can get supplements going forward.

As a reminder, we have on-going group visits and are offering three classes in March. Details on those classes are listed in this month's newsletter. For further details regarding all of our classes in the clinic, please reference our [website](#) at clinic events.

For our Medicate patients, please see the message below for further details on how you can continue to participate in group visits.

Happy Spring!

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## Quick Links

[Our website](#)  
[The Institute of Functional Medicine](#)

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## Group Visit: Upcoming Classes

March 2 - Managing your Mitochondria  
March 9 - Exercise/core strength  
March 30 - Heart math

April - Spring Sugar Detox - 5 week class

## NEW ONLINE SUPPLEMENT ORDERING - FREE SHIPPING!

We are very pleased to announce the arrival of **HealthWave** at our office. This is an online ordering company that far surpasses Emerson Ecologics for those of you who have struggled with on line ordering of high quality supplements. We have selected supplements from only the highest quality companies. They actually test to make sure there are no pesticides, solvents or heavy metals in their products and also confirm potency with testing. We have placed the supplements in problem categories (adrenal support, cardiovascular support, etc.) on the HealthWave site to simplify finding what you need. For example - fish oil choices are in 10 different categories they are so beneficial. We have the option of sending your recommended supplement list via email for you to purchase at your leisure or you can complete the purchase in the office.

FREE SHIPPING. They collect and pay the Idaho State Sales Tax for us. We are able to offer the same 15% discount that we have with Emerson.

To set up your HealthWave account go to the FIMI website - [funmedidaho.com](http://funmedidaho.com). Click on Health from the green bar at the top then choose Herbs and Supplements from the drop down menu. Click on the ***brown box on the RIGHT side of that page that says Virtual Dispensary*** and HealthWave to set up your account and to log in at any time.

There will be a select few supplements that we will continue to carry in the office, largely the Xymogen products. Otherwise, please let us know if there are products you are interested in and cannot find on our custom site. We will be happy to find what you are looking for. This is the least expensive way to get supplements of the highest quality.

Thanks, Gail Eberharter MD and Karen Callagy PA.

## Group Visit : Managing Your Mitochondria Wednesday, March 2nd 4-5:45

On Wednesday, March 2nd, Gail Eberharter MD and Carmen Oldenburg, MA, CHES will be offering new information managing your overall health and wellbeing by addressing the impact of lifestyle on our genes.

Learn about essential cell repair for energy production & detoxification.

Important keys for anyone with:

Migraine headache Parkinsons

High Blood Pressure MS

Autoimmune Disease Diabetes

Risk for Dementia Fatigue

Please join us to learn about mitochondria, membranes and how to repair them. This will be in our usual group format from 4-5:45 p.m. for up to 10 patients. Let's feel better!

## Group Visit : Exercise for Your Life Wednesday, March 9th 4-5:45

On Wednesday, March 9th, Gail Eberharter MD and Carmen Oldenburg, MA, CHES will be offering simple ideas and tips for getting more movement and exercise in your daily life. Come join us for some fun demonstrations and ideas on how to feel better.

To register, please contact the office at (208) 385-7711.

## GROUP VISIT: Heart Math

March 30 @ 4:00 pm - 5:45 pm

HeartMath was founded by Doc Childre in 1991 to help individuals, organizations and the global community incorporate the heart's intelligence into their day-to-day

experience of life. HeartMath does this by connecting heart and science in ways that empower people to greatly reduce stress, build resilience, and unlock their natural intuitive guidance for making better choices. Come learn the science, experience the technique and see how this has been used for over 20 years now.

Over 20 years of proven help for:

Anxiety

Insomnia

Depression

Food cravings

Prolonged grief

All types of stress: PTSD, acute, chronic

To register, please contact the office at (208) 385-7711.

## Medicare Patient Updates

FIMI Private Contract.

This is the document that anyone with Medicare as a primary insurance (including Medicare Advantage programs) will need to read and sign to be seen by Gail Eberharter MD after April 1, 2016. Please let us know if you have any questions. We will also have this form on our website for easy of printing.

Our group visits will have 5 places for patients without insurance, on Medicare or with a high deductible. There will be a flat 50\$ fee for those spaces and it can be paid when signing up for the Group Visit. Dr. Eberharter will be available for a consults or ongoing medical care under the Private Contract. Our whole office appreciates everyone's support during this difficult transition. We hope to keep Functional Medicine available to everyone who is interested. Sincerely, Gail Eberharter MD.

Gail Eberharter M.D. | Karen Callagy PA-C

Functional and Integrative Medicine of Idaho, PA

## Medicare Opt Out Private Contract

3/1/2016

This contract is between Gail Eberharter MD (Physician)  
and \_\_\_\_\_

(Medicare beneficiary, referred to in this contract as "Patient")

Gail Eberharter MD has elected to opt out of Medicare. A physician who opts out is not required to submit claims on behalf of beneficiaries and is not subject to Medicare limits on charges for covered services.

1. Gail Eberharter MD represents that she is excluded from participation under the Medicare program under § 1128, 1156, or 1892 of the Social Security Act.
2. Patient (or Patient's legal representative) and Gail Eberharter MD agree that Patient is not now facing an emergency or urgent health care situation.
3. By signing this contract, Patient (or Patient's legal representative) does the following:
  1. Accepts full responsibility for payments of Physician's charge for all services furnished by Physician.
  2. Understands that Medicare limits do not apply to what the Physician may charge for items or services furnished by the Physician.
  3. Agrees not to submit a claim to Medicare or to ask Physician to submit a claim to Medicare.

4. Understands that Medicare payment will not be made for any items or services furnished by Physician that would have otherwise been covered by Medicare if there was no private contract and a proper Medicare claim had been submitted.
5. Enters into this contract with the knowledge that Patient has the right to obtain Medicare covered items and services from physicians and practitioners who have not opted out of Medicare, and that Patient is not compelled to enter into private contracts that apply to other Medicare covered services furnished by other physicians or practitioners that have not opted out.

6. Understands that Medigap plans do not, and that other supplemental plans may elect not to, make payments for items and services not paid for by Medicare;

4. The known effective date of the opt out period is April 1, 2016.

5. The expected term of the opt out period is indefinite.

This contract shall remain in force and effect from the date it is signed by Patient until the end of the term of the Physician's current opt out period.

Accepted and  
Agreed: \_\_\_\_\_

(Physician)

Accepted and  
Agreed: \_\_\_\_\_

(Patient or Patient's Legal

Representative)

Date: -----

Original Contract Must Be Retained By Physician  
A Copy Will Be Provided To Patient or Patient's Legal Representative  
before Items or Services are Furnished under Terms of this Contract.

