

Osher Center for Integrative Medicine (OCIM) primary care and other covered services as indicated below will be billed directly to insurance. For other providers, we will bill named participating plans after verification of benefits. Other patients will be asked to pay at time of service. Out-of-network insurance may be billed only with pre-authorization. **Price below include a 30% pay-at-time-service discount when applicable.**

<p>Integrative Medicine</p>	<p>Integrative Medicine physicians emphasize the relationship between the doctor and patient, by focusing on the innate healing ability of the body and the importance of addressing all aspects of an individual's life to attain optimal health and healing. Dr. Ring and Dr. Stracks will work with your primary care provider and a team of complementary and integrative medicine practitioners to help you achieve optimum wellness, not just freedom from your current health problems.</p> <p><i>These providers accept the same plans as NMG Internal Medicine. Please see the Accepted Insurance Plans list for NMG Internal Medicine for details. http://managedcare.nm.org/</i></p>	<p>Melinda Ring, MD John Stracks, MD</p>
<p>Internal and Family Medicine (Primary Care Providers)</p>	<p>The OCIM primary care team includes physicians and advance practice nurses trained extensively in internal and family medicine. OCIM providers use the most up-to-date approaches to diagnosis and treat diseases. Our providers are open to incorporating complementary approaches, and take a preventive, holistic approach to your health. Your primary care provider will also help coordinate all of your conventional health care.</p> <p><i>These providers accept the same plans as NMG Internal Medicine. Please see the Accepted Insurance Plans list for NMG Internal Medicine for details. http://managedcare.nm.org/</i></p>	<p>Charles Falzon, MD, MBA Shibani Munshi, MD Sharon Vocino, MD Mary Anne Meyer, CNP</p>
<p>Integrative Pediatrics</p>	<p>Integrative Pediatrics offers a blend of conventional and complementary therapies in a personalized plan that suits the goals of the child and family. Face-to-face time is one of the most important aspects of our care so we can understand the unique physical, emotional, psychological, social, and spiritual needs of your child. We focus on wellness and prevention, and we encourage partnership with your child's other health care providers. Pediatric primary care is not offered at OCIM.</p> <p><i>These providers accept the same plans as NMG Internal Medicine. Please see the Accepted Insurance Plans list for NMG Internal Medicine for details. http://managedcare.nm.org/</i></p>	<p>Rupa Mahadevan, MD</p>
<p>Naturopathic Medicine</p>	<p>Doctors of Naturopathic Medicine (N.D.s) receive extensive training in medicine and graduate from four-year accredited naturopathic medical schools and residency programs. N.D.s focus on the innate healing ability of the body, removal of obstacles to health, and prevention of disease. Modalities used in Naturopathic Medicine to achieve lasting health benefits include: Botanical Medicine, Nutrition, Functional Medicine, Hydrotherapy, Mind/Body Medicine and Homeopathy.</p> <p><i>Doctors of Naturopathic medicine are not licensed physicians or registered dieticians. While many states license naturopathic doctors, the State of Illinois currently does not, thus Dr. Fulop is ineligible to participate in Medicare, Medicaid (IL HFS), or any of our insurance contracts for visits.</i></p>	<p>Judy Fulop, ND, MS, FABNO</p> <p><i>Average fee: Initial \$220 F/U \$75 - \$105 Phone Consult \$50 Per 15 min.</i></p> <p><i>Nutrition only \$110 Flu/Cold visit \$105</i></p> <p><i>Supplements: (price varies)</i></p>
<p>Chiropractic</p>	<p>Chiropractic specializes in disorders of the spine and related conditions, it focuses on restoring proper movement to spinal structures in order to keep the body working efficiently. Conditions helped include low back pain, work injuries, spinal arthritis, intervertebral disc conditions, poor posture, sports injuries, muscle strains, sciatica and headaches. The goal is to empower patients to overcome pain and dysfunction that limit daily life.</p> <p><i>Coverage of service depends on individual plan benefits. Contact insurance to confirm. Accepts same insurances as NMG Internal Medicine with exception of Medicaid. Medicare does not cover initial visit and will only cover adjustment portion of follow up visit. HMO/POS plans may require referral from PCP.</i></p>	<p>Mindy Cramer, DC, CCEP, DACO</p> <p><i>Fee varies on service provided Average fees: Ranges from \$150-\$400</i></p> <p><i>Adjustment may not be done for first visit</i></p>

Massage Therapy	<p>Advanced massage techniques are used to promote healing and maintain health. Massage is useful for many conditions, including chronic pain, soft tissue injuries and stress reduction. Treatment options include Myofascial, Shiatsu, Swedish, Pregnancy, Postnatal, Deep Tissue, Sports Massage, Trigger Point, Stretching, Reflexology, Active Release Technique, Manual Lymphatic Drainage, Craniosacral and Energy Medicine.</p> <p><i>OCIM massage therapy is considered in-network only for BCBS PPO. Massage therapy done as part of chiropractic visits can be billed to the same insurance as the chiropractic visit, subject to confirmation of benefits. All other patients will be asked to pay at time of service.</i></p>	<p>Chris Wilson, LMT Rob Brady, LMT Candice Domke-Hochberg, LMT</p> <p><i>Average fees:</i> 30 min \$60 60 min \$120 90 min \$180</p>
Traditional Chinese Medicine: Acupuncture & Herbs	<p>Traditional Chinese Medicine includes acupuncture, herbal medicine, diet, exercise, cupping, gua sha and stress management. It is an ancient system of healing developed to address pain, chronic and acute illness, maintain health and prevent disease. The visit involves medical history, tongue and pulse diagnosis. When acupuncture is appropriate, small needles are inserted into therapeutic points, which are shown to decrease inflammation, improve blood flow and regulate the endocrine system. Research has shown acupuncture meridians to be real anatomical structures potentially involved in tissue restoration and repair. Conditions helped include body pain, headaches, sleep disorders, digestive disorders, anxiety, depression, hormonal imbalances, allergies and infertility.</p> <p><i>Our providers are considered in-network for BCBS PPO only. We will bill BCBS subject to verification of benefits. All other patients will be asked to pay at time of service.</i></p>	<p>Ania Grimone, MS, LAc Fang Lin, LAc</p> <p><i>Average fees:</i> Initial and Intake \$130 F/U \$90 Herbs: (price varies) Cosmetic initial \$160 Cosmetic Follow-Up \$120 Laser additional \$25 Electro-stim additional \$10</p>
Health Psychology	<p>Our behavioral health psychologists can work one-on-one with you to help you learn new tools to reduce stress, cope with anxiety and deal effectively with other emotions or unproductive thoughts. Individual therapy sessions can help transform negative patterns that occurs between one's thoughts, emotions, and physical reactions. Our psychologists work in conjunction with members of your healthcare team, including psychiatrists. Behavioral Medicine therapies incorporated into behavioral health sessions at the Osher Center include: Cognitive Behavioral Therapy, Biofeedback and Relaxation Techniques. Small group therapy offered with a Positive Psychology focus. Guided and Moving Meditation offered as well.</p> <p><i>Please see the Accepted Insurance Plans list for NMG for details. http://managedcare.nm.org/. Please verify coverage with your insurance company. All other patients will be asked to pay at time of service.</i></p>	<p>Howard Feldman, PhD Maggie Crowley, PsyD Helene Moore, PsyD</p> <p><i>Initial \$358.40</i> <i>Follow-Up \$186.20</i></p>
Nutrition - Registered Dietitian	<p>Our patients include those who want to eat better, as well as those with health issues such as pre-diabetes, diabetes, heart disease, irritable bowel disease, kidney disease and obesity. One-on-one meetings with a dietitian provide an opportunity to discuss your needs and establish a nutritional plan personalized for you.</p> <p><i>Through our supervising physicians, registered dietitian services are considered in-network for the same insurances as NMG Internal Medicine. See Accepted Insurance list for Internal Medicine for details. http://managedcare.nm.org/. Exceptions: Dietitian services are not covered by Medicaid (IL HFS). Medicare only covers Diabetes or Renal failure diagnoses and must have a physician referral.</i></p>	<p>Jane Mockaitis, RD, LDN, CDE Hannah Lapkin, MS, RD, LDN Carly Trueger, RD, LDN, CDE</p> <p><i>Average fee:</i> \$134.40 Initial, 60 min \$67.20 Follow-up, 30 min Resting Metabolic Rate (RMR) testing \$104.30 Diabetes 101 Group Class \$49</p>
Tobacco Cessation	<p>The OCIM Tobacco Cessation Program is based on the most current and proven methods and includes a step-by-step plan for quitting, addiction assessment, information on cessation medications and techniques for avoiding relapse. Behavioral approaches including relaxation, diet and physical activity techniques will help you stay smoke-free. Led by a registered nurse with excellent success rate and over 30 years of experience helping people quit using tobacco, the program is designed to fit each person's unique needs.</p> <p><i>For individual, pay at time of service. For group sessions, pre-registration/payment. Sliding scale prices based on need</i></p>	<p>Carol Southard, RN, MSN</p> <p><i>Individual fee:</i> Initial \$175 F/U \$87.50 Group sessions: \$250/8 weeks (Please call 312-926-8400 for group sessions)</p>

Be well.

312-926-DOCS (3627)

<http://ocim.nm.org>