



AdvantAge Integrative Medicine

Welcome,

I am sending this packet in order to make the most of your upcoming visit. Enclosed you will find information about:

- The Integrative Medicine Center of Western Colorado
- AdvantAge Integrative Medicine
- Our Services
- Medical Consultations
- Your Visit
- Contact Information & Directions
- Our Fees
- Dr. Rollins' Biography
- Patient Information Record
- Health History & Symptom Questionnaire

Please complete the new patient information record, health history and symptom questionnaire, and then return them so we may start your scheduling process. They may be faxed to 970-255-6443.

Note: The symptom questionnaires are quite extensive – use your judgment as to whether you need to complete them in their entirety.

Write down any questions that you have. Bring any relevant records or information you think is important or would like to share.

It is my hope that this will help maximize the value of your consultation.

In fitness and in health,

Scott Rollins, MD

About the Integrative Medicine Center (IMC)

The IMC is a place where you can get a leading-edge medical consultation along with expert guidance on natural supplements - where you can experience the latest in cosmetic skin care backed by advanced anti-aging medicine - where your healthcare involves experts in many fields working together for you - a place where you are at the center of your healthcare journey.

Bringing together the best of conventional medicine along with complementary and alternative medical therapies, our providers use “state of the art” treatments and diagnostics combined with the “ancient healing arts” such as traditional Chinese medicine and acupuncture.

Restoring wellness and vitality both inside and out, we treat the whole person - body, mind and spirit.

About AdvantAge Integrative Medicine

Find the "**root cause**" of your illness instead of just treating the symptoms. That's what we do. Have you been told, “All your tests are normal,” yet you know something is just not right? Let us help you find it.

Our method is called **functional medicine**, which focuses on restoring wellness to core systems such as hormones, digestive, immune, detoxification, and cellular energy. We may test for nutritional deficiencies, allergies, environmental toxins, heavy metal burden, infections or biotoxins.

Your first medicine is a healthy diet, regular exercise, restful sleep, and well-managed stress. We can help you get there. If you would like to truly prevent disease and maintain a high quality of life, then let our experts in anti-aging and wellness show you how.

Services

Our services usually begin with a **medical consult** by one of our providers who then serves as your "co-pilot" in determining your health goals and treatment plan.

We follow a logical stepwise approach that focuses on the core systems of functional medicine and building a strong foundation as we help you reach your best health.

Medical Consultation

Personalized medicine is what we do - applying the principles of functional medicine to each patient and developing a treatment plan just for them.

Our medical team includes a Medical Doctor, Advanced Practice Nurses, Registered Nurses, Medical Assistants and a Health Coach certified in holistic nutrition. All treatment is coordinated and overseen by Dr. Rollins and his staff has trained extensively for years under his direct teaching and supervision.

With more focus on the patient and more specialized testing, we are usually able to pinpoint the underlying causes of various symptoms that conventional medicine simply does not address.

Caring for the whole person

Our holistic approach to total health includes addressing the body, mind, emotion, and spirit, as well as social and environmental inputs. We treat each person as unique and work to form a partnership-plan that truly addresses our patient's goals.

Our expert team may guide you to better nutrition and more effective exercise habits. We may need to address behavior patterns that are keeping you from achieving the health you deserve. We can help you better manage the stressors of our increasingly complex world. Lifestyle habits are in your control and we're here to help you.

Integrating "state of the art" with the "ancient arts"

We combine the best of conventional medicine with complementary and alternative medical therapies for which there is evidence of safety and effectiveness. Our patients may receive the most advanced specialty medical testing combined with simple dietary changes, natural supplement recommendations, a referral for acupuncture, or a consult with a homeopathic specialist.

The formal integration of medicine involves not just seeing different providers but having those providers work together to develop a unified, comprehensive treatment plan. Our team is skilled in the use of natural and herbal supplements as well as prescription medications. We are well versed in working with alternative medicine providers. We can help you make sense of what is safe and effective, whether it is conventional or alternative.

Your Visit

Your initial visit is usually 30 minutes and will include a detailed history and relevant examination, along with a review of any available medical records.

Diagnostic tests may be ordered during your first visit. Referrals to other IMC providers may be made during your initial visit. Various treatments are often started during your first visit.

Your initial visit fee includes an optional, but encouraged, one-hour consultation with our Health Coach who is certified in holistic nutrition.

Your second visit is usually 15-30 minutes and will again include relevant exam and review of diagnostic tests. Treatment plans are typically started during your second visit.

You and your provider determine the schedule for subsequent visits. In general, we will schedule a follow up visit about one month after any treatment changes are made in order to monitor your treatment closely.

Once your treatment plan is stable we will usually schedule a follow up visit in 6 months, then annually to monitor your treatment.

Included in all your visits is extra time with our Medical Assistant or "Educator." Immediately following your visit with your provider, you may spend an additional 15-30 minutes with our Educator to further review diagnostic tests and treatments that have been started. You may be given written brochures and/or DVD resources on the same topics.

The scope of medicine we practice is often complex and unfamiliar compared to standard medical treatments. It is our intent to provide you with the time to ask questions and the resources to ensure you understand your treatments at the IMC.

Contact Information & Directions

2470 Patterson Road, Unit #8, Grand Junction, CO 81505
(Located in the **Patterson Center**, just east of Mesa Mall)
Phone: (970) 245-6911, Fax: (970) 255-6443, website: imcwc.com

Directions:

From I-70 take Exit 28 (24 Road) south.

Go 1.3 miles to F Road (Patterson).

Turn east (left) on F Road.

Go 0.8 miles to our center.

We are located on the north side of the road **in the Patterson Center**.

Our Fees

We do not accept, participate in or file insurance.

We have a strict 24-hour cancellation policy. Failure to cancel an appointment without at least 24 hour notice will result in a charge of 50% that of the missed appointment. Future appointments will require a credit card number prior to scheduling.

Medicare and Medicaid beneficiaries may only be seen by our Nurse Practitioners for visits or services otherwise covered by Medicare or Medicaid. As required by law, our Nurse Practitioners have “opted-out” of Medicare and Medicaid insurance billing.

We will provide you with an itemized invoice for your records. Laboratory and diagnostic testing may be covered by your insurance, depending upon your policy.

Our fees are based on an hourly charge. We consult on very complex medical conditions that require more time and we also provide advice for relatively simple issues, which can be done quickly. This allows us to customize our care for each and every patient.

Our providers include Scott Rollins, MD, Andria Lopez, FNP, Susan Goebel FNP, Amber Rainey, RN, Lacy Smith, RN, Brett Gaines, MA, Liz Zeek, MA, and Monica Cullinane, Certified Health and Nutrition Coach. The entire medical team has trained and worked extensively with Dr. Rollins and we coordinate all care with his immediate review and oversight.

Included in all initial visits with our providers is a FREE consult with our Health and Nutrition Coach, Monica Cullinane.

Provider Fee Schedule

Provider	New Patient (30min)	Follow Up (15-30min)	Wellness Exam(60min)
Dr Rollins	\$200	\$100-200	\$400
Associate MDs	\$150	\$75-150	\$300
Nurse Practitioners	\$150	\$75-150	\$300
Registered Nurses	\$100	\$50-100	
Medical Assistants	\$60	\$30-60	

Our nurses and medical assistants routinely see patients for follow up, food allergy, sublingual immunotherapy and digestive health visits.

Too often medical care is rushed leaving the patient feeling as though their concerns were not fully addressed. We strive to balance being efficient with your time and frugal with your budget while making sure we provide the time you deserve.

Diagnostic Studies

Laboratory and diagnostic testing may be covered by your insurance, depending upon your policy. For insurance billing we can draw blood in the office and send through Quest Diagnostics, or have drawn at your local lab or hospital. We charge \$10 for blood draws in the office.

For patients who normally pay out of pocket for lab studies, we can save 50%-70% on your costs of routine labs as we have special contracts with various labs.

We use many specialty labs that do not accept insurance and we do not inflate or “upcharge” the costs. We charge a flat fee of \$20 for handling these lab tests, which includes obtaining blood samples and completing lab requisitions on your behalf.

IV therapies – Chelation, Vitamin infusions, Special protocols

Prices vary depending upon the exact infusion therapy. Myer's cocktails start at \$75. Chelation for heavy metals is \$125. IV vitamin C infusions vary from \$100 to \$150. Glutathione, alpha-lipoic acid, DMSO, hydrogen peroxide and other special infusion protocols vary in price depending upon the ingredients, but range from \$75 to \$150.

Food Allergy Testing

Our office charge is \$100 for a complete food allergy assessment and necessary follow up visits. The laboratory cost for the food allergy testing is between \$175 and about \$500 depending upon which food panel and which add-on tests are chosen. We do NOT mark up the cost of the lab testing.

Sublingual Immunotherapy (under the tongue allergy drops)

We do advanced skin testing or blood testing for immediate environmental allergies. Skin testing is \$100 to test for 38 allergens. Our allergy drops program cost is \$100 per month, which includes office visits and the drops.

HCG Weight Loss Program

Our 90-day “HCG diet” weight loss program cost is \$600. For existing patients the cost is \$400. Repeat courses cost \$200.

Health Coaching & Nutrition

Health Counseling is a unique, exciting innovation in health and nutrition. As a Health Counselor, Monica Cullinane has studied all the major dietary theories and will help you discover what approach works best for you at this point in your life. Individual programs with Monica are \$60/hour.

Scott Rollins, MD, Founder and Medical Director

Board Certified with the American Board of Anti-Aging and Regenerative Medicine, Dr. Rollins has been studying and prescribing bioidentical hormones for almost 20 years, with thousands of patients. He has always had an interest in real preventative medicine, anti-aging and integrative medicine. In 2006 Dr. Rollins opened AdvantAge Integrative Medicine in Grand Junction in order to provide specialty services to Western Colorado. In 2008 he founded the Integrative Medicine Center of Western Colorado.

Dr. Rollins is also Board Certified with the American Board of Family Practice and has been certified in Advanced Cardiac Life Support and Advanced Trauma Life Support. With these certifications and years of experience in a rural practice he is qualified in managing most all routine medical issues as well as handling serious medical emergencies, fractures and lacerations.

In 2004 Dr. Rollins was chosen for “Colorado Family Physician of the Year.” This prestigious award is given annually to only one of over 1,800 family physicians. The recipient is chosen by the Board of the Colorado Chapter of the American Academy of Family Physicians and is based on their expertise and commitment to family medicine.

He is a clinical faculty member at the University of Colorado School of Medicine and hosts medical students several months each year. He has also taught several days each month at St. Mary’s Family Practice program in Grand Junction.

He is a member of the American College for the Advancement of Medicine (ACAM). Having passed the “gold standard” examination from ACAM, he is “Certified in Chelation Therapy”.

Dr. Rollins has extensive background in Occupational Medicine, caring for work related injuries, and is certified as “preferred provider” with Pinnacol Assurance, Colorado’s largest workers’ compensation insurance company. He serves as a medical director for Hopewest Hospice.

After graduating from the University of Kansas School Of Medicine, he then finished his residency training in Family Practice at St. Mary’s Hospital in Grand Junction. He opened his private practice in Collbran, CO in 1994 where he and his partners provide full service family practice care while providing 24 hour / day emergency coverage.

Scott, his wife, and two boys live in the Plateau Valley, on the Grand Mesa, and especially enjoy the outdoors, gardening, camping, fishing, skiing and hiking. They are shooting enthusiasts and are active in karate. He is from the Ozark Mountains of Missouri and as a kid grew up tagging along with his father, a veterinarian, acquiring an interest in science and medicine. He is also an avid musician playing guitar and piano.