

Insurance

■ Are you preferred providers?

No, we are *out-of-network providers* with all insurance plans. This applies to *all* health plans including Medicare. Eliminating insurance and Medicare contracts removes an extra layer of bureaucracy and regulations and allows more freedom to provide the best patient care.

■ Will insurance cover my office visit?

We can bill most health insurance plans but suggest you ask your insurer specifically about their coverage for *non-participating* or *out-of-network* providers. Some insurance companies will only accept electronic billing from providers but allow paper claims from patients: we do not bill electronically, so in those cases we can give you an itemized statement to bill them directly. **Medicare will not cover our services, nor can they be billed** (see below).

■ Will Medicare cover an office visit?

Even though a large number of our patients are 65-plus, we have *opted out* of Medicare, which means that **neither doctor nor patient is able to bill Medicare**. To satisfy Medicare guidelines, those over 65 years old sign a form to verify that they understand the private pay arrangement. Medicare supplement plans do not cover our services. If you have questions, please give our billing department a call. We are glad to help.

■ What is the cost of my first visit?

The initial appointment is \$495 after a 15% discount for payment at the time of service. Subsequent office visits range from \$145 to \$395 (after discount), depending on the length of your visit as well as the number of issues covered during the appointment. (Procedures such as lab draws and EKGs, are billed separately.) We ask that you pay at the time of service. If you have questions, feel free to call our billing department.

Physicians

Dr. Hassell received his medical degree from the University of Western Australia, completed his residency in Internal Medicine at Providence St. Vincent Medical Center in Portland, and is board certified in Internal Medicine. He established the Integrative Medicine Program at Providence Cancer Center, is a clinical instructor for internal medicine residents, and Associate Medical Director and Professor at Pacific University School of Physician Assistant Studies. Dr. Hassell specializes in evidence-based conventional and lifestyle medicine for treatment or reversal of heart disease and stroke, type 2 diabetes, and cancer prevention and survivorship. He lectures to physician groups and community audiences, and is co-author of the popular diet and lifestyle guide, *Good Food, Great Medicine*, now in its 4th edition.

Dr. Ellis received his medical degree from The Ohio State University, graduating with honors, and as a member of Alpha Omega Alpha Honor Medical Society. He completed his residency at Oregon Health & Science University, and is board certified in Internal Medicine. Dr. Ellis has peer-reviewed publications and poster presentations in the area of vascular medicine, and has a particular interest in using evidence-based food and lifestyle choices to treat cardiovascular and metabolic disease, depression and anxiety, and issues relating to autoimmunity.

Miles Hassell MD | David Ellis MD

Internal Medicine + Lifestyle Medicine
Providence St. Vincent Medical Center
9155 SW Barnes Road, Suite 302
Portland, Oregon 97225

Appointments: Monday through Thursday.

Office hours: generally 9am to 4:30pm; lunch from noon to 1pm. We are closed on Fridays. For urgent matters, we can be paged by calling the office.

goodfoodgreatmedicine.com

Voice (503) 291-1777 ■ Fax (503) 291-1079

The Comprehensive Risk Reduction Clinic

Miles Hassell MD David Ellis MD

- Internal Medicine + Lifestyle
- Difficult diagnosis resolution
- Personal health transformation



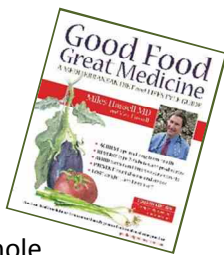
Primary care and consultations using conventional and lifestyle medicine

- reversing type 2 diabetes and minimizing blood sugar meds
- reducing risk for heart disease, stroke, and dementia
- improving blood pressure and lipids
- cancer prevention and survivorship
- treating depression and anxiety
- 6-month and 1-year programs for weight loss and lifestyle change

goodfoodgreatmedicine.com

About the practice

- We're a patient-centered internal medicine practice combining evidence-based conventional treatments with lifestyle medicine, and always with the goal of improving *overall* health. Using both of these approaches provides the tools to more effectively help patients take control of their health, minimize medications, and reduce their risk factors. We offer educational material on lifestyle choices and a whole food Mediterranean diet model based on the best evidence from current medical literature.
- To provide the most personal and accessible care we answer our phones directly, and offer same day visits to patients with urgent issues.
- We pursue aggressive risk factor management for heart disease, stroke, type 2 diabetes, and dementia. Where possible, the goal is not just to control, but to reverse type 2 diabetes.
- Reducing the side effects of cancer treatment is a special interest of both Dr. Hassell and Dr. Ellis, as well as working with patients to minimize the risk of cancer or its recurrence.
- Resources include the 4th edition (2018) of *Good Food, Great Medicine* (by Dr. Hassell and his sister Mea Hassell), a Mediterranean diet and lifestyle guide featuring 14 simple risk reduction steps for heart disease, stroke, type 2 diabetes, insulin resistance, and weight loss, as well as cancer and cancer survivorship. There are also inspiring success stories, helpful menu plans, over 200 easy-to-follow recipes with clear directions and everyday ingredients, and tips for practical day-to-day living, shopping, and transitioning to whole foods. (For more information, as well as sample recipes and shopping list, click the *cookbook* tab at goodfoodgreatmedicine.com.)



Frequently asked questions

■ How do you approach patient care?

We specialize in the diagnosis and care of medically complex patients using mainstream investigation and treatment plans as well as evidence-based nutrition and lifestyle therapies. We encourage patients to be very closely involved in their care. Initial visits are one hour and follow-up visits 30–60 minutes.

■ What can I expect at my first appointment?

Your first appointment will include a review of personal and family history and current symptoms, a review of previous laboratory or imaging results, a physical exam, and recommendations for future tests and treatments. We may also consult with your other treating physicians.

■ If I already have a primary care doctor, can I see you for a consultation?

Yes. A consultation addresses a particular set of issues, evaluates a difficult medical problem, or offers a second opinion. It does not replace the role of your primary care physician (PCP). We are happy to work closely with your PCP, if requested. In some situations, a telephone consultation is a reasonable alternative to an office visit.

What patients are saying:

"I am a classic example of what you are trying to help folks avoid. Double bypass at 34. Stent at 50. Now at 56 diagnosed with type 2 diabetes. Began Mediterranean-style diet and ramped up the exercise. Have lost 33 pounds and three-month blood numbers were great!"

"I'm just thankful that Miles kept telling me the truth, and kept believing the time would come when I would listen."

"You changed my whole eating perspective with your evidence-based common sense focus on health rather than weight and the concept of taking control of my own health."

Practical resources

■ 1-year or 6-month Transformation Program

For stubborn health issues like type 2 diabetes, excess weight, heart disease, and cancer survivorship, this is an intensive, personalized patient-doctor partnership designed to deliver a sustainable evidence-based action plan with aggressive risk factor management, dietary counseling, and follow-up based on individual needs. The goal is disease reversal, medication reduction, and a better long-term quality of life.

■ **Speaking events:** Physician, corporate, and community audiences appreciate both doctors' entertaining blend of medical science, passion for good food, humor, and insights from 20 years of medical practice. They break down current research into practical concepts to inspire lasting change. (Call us to schedule a talk; see our monthly newsletter for details on upcoming talks.)

Sky Lakes Medical Center, Klamath Falls:

"Your lecture broke all attendance records and we continue to hear positive reviews about it."

Clackamas County Dept. of Employee Services:

"Thanks again for the outstanding presentation – we're still talking about it. You made an impact."

Perioperative Nurses Conference:

"Your talk scared the bajeebies right out of me and I am motivated to turn my lifestyle around."

St. Charles Health System, Bend: *"Great to have stats to back up recommendations. Would love more talks like this – please come back!"*

■ Monthly newsletter and web resources

Packed with evidence-based food and lifestyle advice, success stories, recipes and cooking tips, and current medical research. Sign up at goodfoodgreatmedicine.com, and click on the *news* tab to review past issues. Click on the *resources* tab for handouts on topics such as type 2 diabetes reversal, weight loss, and cancer prevention and survivorship.