



NEW PATIENT GUIDE

What to expect as a patient of Miriam Rahav, MD

At Rahav Wellness, we want you to feel comfortable before embarking on your journey with us. We want you to understand how the care we provide is different.

We help you address chronic health concerns by addressing the causes of illness, rather than just the symptoms. We work collaboratively as a team to help you achieve your health goals

Welcome! Thank you for choosing Rahav Wellness!

Rahav Wellness | The Center for Collaborative Healing
205 West 15th Street @7th Avenue Ste 1B New York, NY 10011
Tel: 646-502-5303 Email: info@rahavwellness.com
www.rahavwellness.com



Rahav Wellness

The Center for Collaborative Healing

Your Experience

Expect to spend time together, especially in the beginning. Excellent care begins with detailed history taking and physical exam. Comprehensive intake then informs diagnostics, and later, if needed, therapeutics. But all steps forward stem from a deeply individualized plan of care that is made by us (care provider and care receiver) as a team centered around what you need, and what you are truly able to do.

Our plan of care will be as dynamic as you are and tailored to your biology and your reality. We will get to the root cause of your disease and address it comprehensively, without judgment, and at a pace that we determine and then continually reevaluate as needed.

Your Patient Portal

To help you understand what we do, and how we do it, we encourage you to fully explore the educational information we have created for you on the patient portal. The patient portal is also available as a tool for our patients to communicate securely with the practitioners at Rahav Wellness. This is where you can upload your picture, upload recent lab results and documents and provide information on your current and past medical and symptom history. This is also where you can find recent invoices, your schedule of upcoming appointments, access labs, access your medical record, and place refill requests. You can access your patient portal from our website www.rahavwellness.com.

Please Log In

Use the form below to sign in to the patient portal to begin managing your records. If you have not logged in before and are a patient who did not register online, please contact us to get set up to use the portal.

Username

Password

LOG IN!

* I forgot my password

* I forgot my username

* I'm a registered patient. Create my Patient Portal account!

* I'm a new patient. Take me to the registration page

[Online help](#)

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Dr. Rahav Services and Fee Schedule

Miriam Rahav, MD is a dual board certified physician in the fields of internal medicine and hospice and palliative medicine. As Founder and Medical Director of Rahav Wellness she has many years of training and clinical experience in Functional Medicine.

For all new patients of Dr. Rahav, we schedule two appointments two weeks apart from each other to allow time to receive and review diagnostic test results. It is during the second visit where a plan of care is established.

Services and fees as of January 2024:

Dr. Miriam Rahav

1 - Initial Consultation	2 hours	\$1,000.00
Blood Draw	15 minutes	\$35.00
2 - Review of Findings	90 minutes	\$750.00
Initial Investment for New Patients		
		\$1,785.00
Continual Care Follow Ups	90 minutes	\$750.00
	60 minutes	\$550.00

Kira Oberle DNP

Initial visit	90 minutes	\$650
Blood Draw	15 minutes	\$45
Continual Care Follow Ups	60 minutes	\$550

Rachel Strait FNP

Initial visit	90 minutes	\$650
Blood Draw	15 minutes	\$45
Continual Care Follow Ups	60 minutes	\$550

*Please arrive 15 minutes prior to your scheduled appointment time.

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Payment Options

Our office accepts cash or credit cards (AMEX, MasterCard, Visa, Discover) for services rendered.

* Rahav Wellness may make improvements and/or changes in the services, pricing and/or the programs described at any time without notice.

Functional Medicine Lab Testing

Our practice uses high-quality, cutting-edge functional lab tests in order to get the most accurate information about how your body is working and to uncover the root cause of your illness.

Specialized testing including:

- Genetics
- Hormone testing
- Stool and parasite
- Nutritional deficiencies
- Heavy metals & Environmental Exposures

Insurance Information

We do not bill insurance companies for consultations, IV therapies, nutrition consultation, colonics, or IV nutrition or ozone; it is up to each individual to determine whether their insurance plan provides reimbursement for our various clinical services. It is the patients' responsibility to contact the lab to address the billing questions and concerns.

Per your request, we will provide a comprehensive insurance invoice (superbill) to you that lists CPT and diagnosis codes that you may submit to your insurance company. Our insurance invoice provides the codes for consultations and lab tests/ procedures if applicable. You may also use funds from a Health Savings Account (HSA) to cover the costs of these tests. Please note that we cannot guarantee reimbursement. This will depend on your individual plan. Most insurance companies will not reimburse for supplements.

All insurance invoices will be available to you on the Patient Portal.

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Medication Refill Policy

Refill Policy: Thyroid Medication

Initial thyroid management may require frequent adjustments that will be decided with your doctor at the time of your appointment. Once on stable dose, you will need monitoring (follow-up appointment with your doctor and blood work) every three to six months. Your doctor will prescribe enough medication to last until your next appointment. For refill requests outside of your scheduled appointment, there is a \$25 fee.

Refill Policy: Bioidentical Hormones

Initial Bioidentical Hormone management may require frequent adjustments that will be decided with your doctor at the time of your appointment. Once on stable dose, you will need monitoring (follow-up appointment with your doctor and blood work) every three to six months. Your doctor will prescribe enough medication to last until your next appointment. For refill requests outside of your scheduled appointment, there is a \$25 fee.

Controlled Substances:

All controlled substances require face to face appointments for evaluation, management, monitoring, and refill. No exceptions.

All patients receiving Testosterone will require routine PSA and Testosterone level monitoring.

Cancellation Policy

If you are unable to keep your scheduled appointment, please notify our office a minimum of 48 hours (two business days) before your scheduled time, or you may be charged for that appointment. New Patient Consultations may be charged in full if the cancellation policy is not followed. Providers at Rahav Wellness may have patients waiting a month or more to be seen, and a missed appointment takes time away from someone else.

Placeholder Policy

For every appointment made for Dr. Rahav, there is a non-refundable \$150 placeholder fee. As a courtesy, our office will email/text you to confirm your appointment three days in advance. If you need to reschedule your appointment, the placeholder fee will carry over





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to your rescheduled appointment provided that we have more than 48 hour (two business day) notice.

Healthy Food Choices Nearby

- **Westside Market NYC – supermarket with many options**
77 - 7th Avenue @ 15th street (Diagonally across the street)
- **Le Pain Quotidien – organic casual restaurant**
124 - 7th Avenue Between 17th & 18th Street
- **Elm Health – local organic grocery, juice bar, & natural pharmacy**
56 - 7th Avenue Between 13th and 14th Street
- **Hu Kitchen – Paleo restaurant & cafeteria. Everything is grain, dairy and legume free.**
78 - 5th Avenue Between 13th and 14th Street

How to find us

The office is located at 205 W15th Street, a residential apartment building. Please ask the doorman for Rahav Wellness and they will direct you to Suite 1B.

By Car: There are parking lots within blocks of the office and metered street parking available.

By Subway:

 14th Street Station

 14TH Street Station

 14TH Street Station

 8th Avenue Station

Thank you for choosing Rahav Wellness! It is our honor to work with you!

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