

YUJUAN CHOY, M.D.

4199 Campus Drive, Ste 550, Irvine, CA 92612

Tel: 949.288.3098; Fax: 949.272.0072

TREATMENT CONSENT

Please read carefully and sign at the end of the consent form.

INITIAL EVALUATION

The initial psychiatric evaluation is a consultation appointment focusing on assessment and evaluation. At the end of the consultation, Dr. Choy will discuss the treatment recommendation, including determining if Dr. Choy is the best psychiatrist to provide your care. Appropriate referrals will be provided if your needs are best met elsewhere.

It is extremely important for this initial assessment to be as comprehensive as possible. A comprehensive assessment is necessary to provide the best treatment recommendation. Therefore, please bring completed patient forms (download from [Forms](http://www.121psychiatry.com) section in www.121psychiatry.com) to this appointment and make sure to provide information about previous providers, past psychiatric treatment and medication trials.

The initial psychiatric evaluation is scheduled for 60 minutes. If the evaluation cannot be completed within the allotted time (e.g., more time was required to obtain information or you arrived late to the appointment), you have the option of extending the initial appointment time if Dr. Choy's schedule allows (charged at \$50 for each 10 minute increments) or returning for an extended evaluation (charged at \$300 for a 50-minute session).

PSYCHOTHERAPY

The main form of psychotherapy intervention in Dr. Choy's practice is cognitive behavioral therapy (CBT). Dr. Choy will discuss with you whether this form of therapy may be beneficial for your specific situation. CBT is effective for many problems, including stress, anxiety, depression, relationship issues and other specific problems. CBT is a collaborative process - the more active and involved you are in your therapy, the more benefit you will gain. However, this form of therapy is not guaranteed to work for everyone and can be a large financial commitment as well as requiring a significant amount of time and energy. Psychotherapy may also require exploring unpleasant aspects of your life and can, at times, lead to emotional distress. If there is anything that bothers you in the therapy process or you feel your treatment goals are not being met, please discuss these issues with Dr. Choy. One of the benefits of therapy is the ability to discuss uncomfortable topics with your provider in a safe setting.

MEDICATIONS

Psychiatric medications can be used alone or in conjunction with psychotherapy to treat many conditions. Each individual case is different and may require a different approach. Dr. Choy specializes in the integration of medication and CBT as she is both a medical doctor and a certified to conduct cognitive behavioral therapy. In situations where medication is indicated, it is imperative that you understand the target symptoms and likely outcomes. Medication is not guaranteed to work for everyone and it is possible that you may undergo several medication trials before finding the medication that will work for you. Immediate relief of symptoms may not be possible since most psychiatric medication can take up to a few weeks to realize the

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benefits. Additionally, all medications carry potential risks and side effects. Before initiating any medication treatment, Dr. Choy will always discuss the risks, benefits and alternative treatments, including the alternative option of no medication or psychotherapy alone.

Medications can be prescribed after the initial evaluation has been completed. Established patients are always given enough medication and refills until the next office visit, so refills are not necessary over the phone. Please do not have your pharmacy call for a refill. This is to limit medication errors and for your safety. If you have missed or cancelled an appointment, you will be provided with enough medication until the re-scheduled visit, within 1-2 weeks of the missed appointment. You will not be provided with refills over the phone without a scheduled appointment, if your last visit was more than four months ago or if you had consecutive missed appointments.

SPLIT TREATMENT

In certain cases, Dr. Choy may be able to manage your psychiatric medication while another therapist provides the psychotherapy portion of treatment. This may be the best option if you are already engaged in an effective form of psychotherapy with another therapist or if you require a form of psychotherapy that Dr. Choy does not offer. In these shared or split treatment cases, it is very important that Dr. Choy and your therapist communicate regarding your care. HIPAA law does allow common treatment providers to communicate regarding patient care, but please complete a release of information form for Dr. Choy's records (download from [Forms](http://www.121psychiatry.com) section in www.121psychiatry.com).

PROFESSIONAL FEES

The 60-minute initial psychiatric evaluation fee is \$350. Extended evaluation on the same day (if schedule allows) are charged at \$50 for each 10-minute increment. Extended evaluation on a different day is charged at \$300 for a 50-minute appointment.

Follow-up appointments are billed at the following rates:

- \$250 for a 25 minute medication management only, follow-up visit
- \$300 for a 50 minute psychotherapy session, with or without medication management

Other professional non-treatment services that require time outside of appointments are billed at a prorated fee of \$300 per hour or \$50 for each 10-minute increment. This may include drafting of a letter, report writing, preparation of treatment summaries and any other requested services. Dr. Choy will always discuss any additional fees at the time of the requested service. Patients who call regarding medication issues or other urgent clinical concerns are not charged as patients are encouraged to notify Dr. Choy of any urgent matters between appointment times. If an issue is not able to be resolved with a brief phone visit, you will be asked to come in for an appointment. Patients who require frequent phone contacts may also be asked to come in the office before their scheduled appointment as frequent phone contacts may suggest a need for a more thorough evaluation or change in treatment plan.

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BILLING AND PAYMENTS

You are expected to pay for each session at the time of the appointment. Additionally, payment for ‘other professional services’ (as listed above) will be agreed to at the time of your request for these services. Dr. Choy accepts checks, cash and credit cards (MasterCard or Visa). A **\$25** fee is charged for all returned checks. If your account is overdue for more than 60 days, Dr. Choy reserves the right to use legal means to secure payment. This includes charging an on file credit card as well as utilizing a collections agency or a small claims court. In such cases, required information which may contain confidential health information may be provided to these agencies, including name, nature of services provided and amount due. Furthermore, if the amount due is not paid in full, you agree to bear all collection costs, court costs and legal fees.

CANCELLATIONS AND MISSED APPOINTMENT POLICY

Once your appointment is scheduled, you will be expected to pay a missed appointment or late cancellation fee unless you provide at least 48 business hours advance notice of cancellation. The late cancellation or missed appointment fee is **\$300 for a 50 min session and \$150 for a 25 min session**. Notification must be done via telephone (as emails may not be received). Business hours are weekdays from Monday through Friday and exclude all standard holidays. Please note that insurance companies do not reimburse for missed sessions.

INSURANCE and MEDICARE

Dr. Choy does not accept any insurance and full payment for all services is expected at the time of the appointment. You will be provided with a super bill that you can submit to your insurance company. Please check with your insurance company regarding your mental health benefits. Note that when PPO plans provide reimbursement, they typically reimburse a percentage of the *customary rates* – this rate may be lower than Dr. Choy’s professional fees.

Dr. Choy is not a Medicare provider and has opted out of Medicare. This means that if you are qualified for Medicare but would like to see Dr. Choy, you must enter a private contract in which you acknowledge awareness of Dr. Choy’s opted out status and you agree not to bill Medicare for any services provided by Dr. Choy. You may still be in treatment with other Medicare providers even if you enter a private contract with Dr. Choy.

AFTER HOURS COVERAGE

Dr. Choy attempts to be accessible for all urgent issues. In an emergency, please call 911 or go to the nearest emergency room. Routine calls are generally returned within one business day. In Dr. Choy’s absence, coverage will be provided by a trusted colleague.

EMAILS COMMUNICATIONS

While emails may be convenient for scheduling appointments, appointment reminders or at times, a pre-arranged transmission of educational material or referral information, emails should never be used to communicate any confidential and/or health information, including medication refill requests. Furthermore, emails should never be used for urgent or emergency issues. Dr. Choy cannot ensure that email messages will be received or responded to in a timely fashion. Email is not a confidential means of communication – it may be intercepted and accessed

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without your knowledge. If an email is sent from you with protected health information, you will bear sole responsibility for any privacy breaches.

CONFIDENTIALITY

Confidentiality is protected by the law and protected health information can only be released with your written permission. However, several exceptions to confidentiality do exist and these include: (1) danger to self – if there is threat to self-harm, Dr. Choy may disclose information to the appropriate parties related to a potential hospitalization or contact family members or significant others who can help provide protection; (2) danger to others – if there is threat of serious bodily harm to others, Dr. Choy is required to take protective actions, which may include notifying the potential victim, notifying the police, or seeking appropriate hospitalization; (3) grave disability – if due to mental illness, you are unable to meet your basic needs, such as clothing, food, and shelter, Dr. Choy may have to disclose information in order to access services to provide for your basic needs; (4) suspicion of child, elder, or dependent abuse – Physicians are mandate reporters and must file a report with the appropriate state agency; (5) in certain judicial proceedings as ordered by court. Subpoenas are not court-orders and if Dr. Choy receives a subpoena, she will make every attempt to contact you before responding to the subpoena. Dr. Choy reserves the right to consult with other professionals, such as legal counsel or another health professional when appropriate.

Aside from emergency situations and as required by law, if insurance reimbursement is pursued, insurance companies also often require information about diagnosis, treatment, and other protected health information. In such cases, this information will become a part of the insurance company files and can be used by them to consider future insurability.

Please see Notice of Privacy Practice for more information regarding confidentiality of protected health information (under Forms in www.121psychiatry.com). A hard copy is also provided to you during the initial evaluation.

PRACTICE STATUS/REFERRALS

Dr. Choy shares an office space with other independent mental health professionals. While these professionals share an office space, Dr. Choy’s practice is independent and professional records are separately maintained. At times, a referral to another professional such as a primary care physician or a psychologist may be necessary. Dr. Choy will collaborate with these professionals but Dr. Choy cannot be responsible for the services/treatment provided by other professionals. It is always your responsibility to determine if a referral is acceptable.

LEGAL TESTIMONY

Legal matters may require the testimony of a mental health professional. Dr. Choy will decline to participate in any legal proceedings (unless ordered by court), even if it is on your behalf, as participation in any role outside of clinical care is a conflict of interest for Dr. Choy and will likely negatively interfere with the doctor/patient relationship. As such, Dr. Choy recommends that you seek an independent forensic mental health professional for such services.

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MEDICAL BOARD OF CALIFORNIA

Dr. Choy is a medical doctor and as such, licensure to practice medicine is regulated by the Medical Board of California. www.mbc.ca.gov, 1800-633-2322.

TREATMENT CONSENT

Your signature below indicates that you have read the Treatment Consent, which contains information on professional services and fees, office policies, cancellation/missed session policy, billing and payments, insurance, after hours coverage, email communication, limits of confidentiality, practice status/referrals, and you agree to abide by its terms during our professional relationship.

Name of patient (print): _____ Date: _____

Signature of patient: _____ Date: _____