

TrueNorth Health Coaching Services

Schedule your phone or video consultation online. Only \$95!



TrueNorth Health Center now offers remote video and telephone consultations to help you stay connected if you are unable to travel or prefer to speak to a doctor from the safety and security of your home or office. Consultations take place when and where you want: on your smartphone, computer or telephone. Once you schedule the consultation, you receive a confirmation email with a link to your phone call or video conference.

Frequently Asked Questions

How do I schedule a consultation?

Anyone with internet access can schedule a consultation on the Coaching Services landing page on the TrueNorth Health Center website. The first step is to review the doctor profiles, choose your preferred date and time, and pay for the consultation. You then choose your preferred method of consultation: telephone or video conference. You will receive an email confirmation with a link to the phone call or video conference and a link to a Medical Health Questionnaire which we ask you to complete prior to your consultation.

Can I send medical lab or test results to doctors to review?

Yes. Before your consultation, you can send medical lab or test results to Office@truenorthhealth.com. They will be uploaded to your file in our Medical Records Department, where your healthcare provider will have access to it. You may also fax your records to (707) 303-4377.

Can I refill a prescription on the coaching services platform?

TrueNorth healthcare educators cannot diagnose or prescribe medications by telephone.

If I have to cancel a consultation, how do I do so?

Although payments are non-refundable, if you reschedule with 24 hours' notice, your payment will be transferred in full to your new consultation.

Can I get coaching services so that I can undergo water-only fasting at home?

No. We recommend that water-only fasting be done under direct medical supervision. We can advise you on intermittent fasting and modified fasting protocols that can be done safely without direct medical supervision.

TrueNorth Coaching Services enable you to safely and conveniently:

- Have a follow-up visit with your TrueNorth Health doctor.
- Schedule a consultation with any TrueNorth Health educator.
- Connect with chiropractors, naturopaths, and osteopaths, as well as specialists in fitness, wellness, rehabilitation, and functional movement.
- Receive coaching no matter where you are located.
- Get advice about a medical diagnosis, surgical treatment, or prescription medication.
- Receive support for maintaining a healthy lifestyle while living with the challenges of daily life.

20 minute session \$95

For more information:
phonecoaching@truenorthhealth.com

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