



**Tecaya  
Health**

L a r r e a   N a t u r o p a t h i c   M e d i c i n e

**2026**

**PRACTICE POLICIES,  
CONSENT TO TREATMENT,  
AND HIPAA PRIVACY**

# PRACTICE POLICIES, CONSENT TO TREATMENT, AND HIPAA PRIVACY 2026

Welcome to Larrea Naturopathic Medicine! We look forward to partnering with you in your healthcare journey. This document contains our office policies, HIPAA privacy notice, treatment consent, and arbitration agreement. Please read carefully, and sign at the bottom.

## **SECTION 1: COMMUNICATION & APPOINTMENT POLICIES**

### **Communication Authorization**

The Doctor or staff may contact me via telephone and/or text message and leave a message that may contain appointment or medical information if I am not available.

### **Phone Communication Policy**

Please note that our front office staff may occasionally be unavailable to answer calls immediately due to assisting patients at checkout or handling other phone calls. If you are unable to reach us directly, please leave a detailed voicemail message and/or send a text message to (520) 222-6208. As a small practice, we are committed to providing personalized attention to each patient, which may result in brief delays in answering incoming calls. We will return your call or respond to your message promptly during regular business hours.

### **CHARM Patient Portal Policy | Our HIPAA-protected patient portal allows for brief clarifications and simple updates that don't require appointments.**

CHARM messages are meant for non-urgent communication, and may take 3+ business days to receive a response, which will occur during normal business hours. Dr. Tecaya prefers messages go to staff rather than directly to her, since she may not check messages daily. CHARM messages are answered by an Larrea support staff member, and will not be used to render medical treatment.

### **Email Communication Consent and Risk Acknowledgment**

I understand that email communication is not secure and poses potential risks to my privacy and confidentiality, including unauthorized access, interception, and forwarding by third parties. By choosing to communicate via email instead of the secure patient portal, I voluntarily assume these risks and consent to receive healthcare-related information via email, including appointment reminders, test results, and other protected health information as necessary for my care. I acknowledge that Larrea Naturopathic Medicine cannot guarantee the security of email communications and that I may withdraw this consent at any time by providing written notice, though withdrawal will not affect prior communications. If you choose to communicate please use [info@tecayahealth.com](mailto:info@tecayahealth.com) for a prompt reply.

### **Appointments | Consultations**

Your initial visit will include a 90-minute consultation with Dr. Kam Tecaya, NMD. Nutritional therapy and laboratory/diagnostic testing are integral components of your treatment plan. Test results are used to design your personal health care program as well as uncover the root causes of your medical condition. Nutritional supplements, homeopathies, etc.. are often recommended, and we will help you select and find the highest quality products.

### **After-Hours Policy**

Dr. Tecaya is not available for on-call services and does not respond to communications during non-business hours.

**For Medical Emergencies:** -Call 911 immediately -Go to your nearest Emergency Room/or urgent care

**For Non-Urgent Questions:** Please call during regular business hours (Tuesday-Friday, 9:00 AM to 4:00 PM) to schedule an appointment or speak with our staff.

# PRACTICE POLICIES, CONSENT TO TREATMENT, AND HIPAA PRIVACY 2026

## Appointment Fee Structure

- \$100 non-refundable deposit at the time of scheduling which goes towards your new patient visit
- Initial New Patient Consultation (90 min): \$435
- Standard Follow-up (up to 30 min.): \$175
- Extended Follow-up (up to 45 min.): \$230
- Comprehensive Follow-up (up to 60 min.): \$310
- Email Correspondence : starting at \$20 | Bridge/Holdover Fee: \$85 | Acute Rx Fee: \$65
- Document Preparation Fee: Starting at \$50

## When Appointments Are Required

An appointment will be required for:

- Acute or urgent health concerns
- New or re-emerging symptoms requiring evaluation
- Changes to current treatment plans
- Lab or imaging reviews
- New prescriptions
- New medical questions
- Medical opinions or second opinions

## Medical Records

Medical records can only be released with your authorization. It is your responsibility to obtain previous medical records from other physicians, or health care providers that you wish Dr. Tecaya to review. Please contact your physician or other health care provider to obtain these records for your initial appointment. Our fax number is 866-569-0546

## Office Hours | OUR OFFICE IS CLOSED SATURDAY, SUNDAY AND MONDAY | (CLOSED FOR LUNCH 12-1)

Our office hours are:

Tuesday through Friday 9am-4pm

If you are going to stop by the office to pick up supplements, we ask that you kindly email your order to us at [info@tecayahealth.com](mailto:info@tecayahealth.com) or call/text 520-222-6208 prior to your visit (to ensure items are in stock).

## PLEASE NOTE WE ARE A FRAGRANCE FREE OFFICE

To better serve all our patients and staff, we maintain a fragrance-free office. This policy helps us accommodate individuals who may have sensitivities or health conditions that are triggered by scented products. We appreciate your cooperation in avoiding perfumes, colognes, scented personal care products, and clothing washed with fragranced laundry products during your visit.

## Form Completion Policy

Dr. Tecaya does not complete disability forms, insurance forms, workers' compensation forms, or similar documentation. All other form requests will be evaluated at Dr. Tecaya's discretion on a case-by-case basis. Forms that are approved for completion are subject to a documentation fee starting at \$50, which must be paid at the time of request.

Patients requiring completion of disability, insurance, or workers' compensation forms should contact the appropriate agencies or seek assistance from other qualified medical professionals who provide these services.

# PRACTICE POLICIES, CONSENT TO TREATMENT, AND HIPAA PRIVACY 2026

## **Family Member Information**

Family Member Information: By law, medical questions about family members who are not patients cannot be answered. For current patients who are family members, a HIPAA release form is required.

## **Appointment & Cancellation Policy**

- 48+ hours notice: No charge
- 24-48 hours notice: \$100 fee
- Same-day/no-show: Up to 100% of visit fee
- Multiple cancellations may require prepayment
- We understand that special unavoidable circumstances may cause you to cancel within 24 hours. Fees in these instances may be waived, but only with managerial approval.
- While we offer you the courtesy of a reminder call, text or email, it is your responsibility to remember your scheduled appointment time. Non receipt of a reminder is not an excuse for a missed appointment.

## **Website | Social Media**

Information about Larrea Naturopathic Medicine | Tecaya Health is available through our website: [www.tecayahealth.com](http://www.tecayahealth.com)

You can also follow us on Facebook and Instagram:

FACEBOOK- @LarreaNaturopathicMedicine | INSTAGRAM- @LarreaNaturopathicMedicine

## **SECTION 2: FINANCIAL POLICIES**

### **Payment Requirements | Credit Card Authorization**

- All patients must maintain a current credit card on file
- Payment is due at time of service
- All services are fee-for-service and non-refundable
- Outstanding balances must be resolved before additional services can be provided
- Our office accepts cash, checks, credit cards (MasterCard, Visa, Discover) and HSA/FSA for services rendered.
- I authorize Dr. Kam Tecaya, NMD and Larrea Naturopathic Medicine to charge my card for visit fees, cancellation fees, and service-related charges.

## **SECTION 3: LABORATORY & PRESCRIPTION POLICIES**

### **Laboratory Policies- I acknowledge that:**

- Lab costs ordered by NMDs are generally not covered by Medicare, Medicaid, Tricare, and most insurance plans
- I may receive separate bills from laboratories and external providers
- If insurance billing rates exceed direct billing rates, no refunds will be provided
- If insurance claims are rejected, I accept full financial responsibility
- My decision to use insurance billing is final and cannot be reversed

# PRACTICE POLICIES, CONSENT TO TREATMENT, AND HIPAA PRIVACY 2026

## Prescription Management

I understand that: To ensure timely processing of your prescription refills, please note the following guidelines: **•Processing Time:** Allow 48-72 hours for prescription refill requests during regular business hours after we receive your fax from the pharmacy. **•Planning Ahead:** Please request refills before your medication supply runs out. We do not offer same-day prescription processing, so last-minute requests may result in delays that could interrupt your treatment. **•Office Schedule:** Our clinic is closed on Mondays, and our medical assistant is not available on Thursdays, which may extend processing times for requests received on or around these days. **•No Same-Day Service:** Same-day prescription refills are not available. All refill requests require our standard 48-72 hour processing time, with the exception of acute emergencies. **•Medication refills** are coordinated with lab work and follow-up visits.

•Prescriptions cannot be renewed without appointments if conditions have changed or visits are overdue **•Testosterone prescriptions require testing and visits every 6 months by law** •All other prescriptions are typically good for one year. **•Partial Fill Policy:** If you cannot complete required labs in a timely manner, we will issue a one-time partial fill of your prescription to ensure continuity of care. This accommodation will only be provided ONCE, regardless of circumstances, as part of our commitment to safe prescribing practices. If labs and a follow-up visit are still not completed after the partial fill, it may result in termination of care.

## SECTION 4: RETURN & REFUND POLICIES

### Non-Returnable Items

Special orders, custom tinctures, treatment packages, sale items, and services (labs, injections, IVs) cannot be returned.

### Supplement Returns

30-day return policy for supplements:

- Must be unused in original condition with receipt
- Customer pays return shipping
- Opened supplements may only be returned in extenuating circumstances for maximum 50% account credit

## SECTION 5: INFORMED CONSENT FOR NATUROPATHIC CARE

### Treatment Methods You May Receive

- Physical Assessments & Diagnostics:
- Physical examinations (general, musculoskeletal, cardiovascular, neurological)
- Laboratory tests (blood, urine, stool, saliva)
- Diagnostic imaging

### Therapeutic Treatments

- Physiotherapy (acupuncture)
- Nutritional therapy (diet plans, supplements, IV infusions, vitamin injections)
- Trigger point injection therapy
- Botanical/herbal medicines (teas, pills, tinctures, creams)
- Homeopathic remedies
- PRP and Prolotherapy
- Ozone therapy
- Prescription medications (per Arizona Board formulary) \*

# PRACTICE POLICIES, CONSENT TO TREATMENT, AND HIPAA PRIVACY 2026

## Potential Benefits

- Restoration of optimal body function
- Pain and symptom relief
- Injury and disease recovery assistance
- Disease prevention

## Potential Risks

Minor: Pain, discomfort, bruising, skin reactions, itching  
Serious: Loss of consciousness, deep tissue injury, pneumothorax, allergic reactions, soft tissue/bone injury, symptom aggravation

## Special Notices

- Pregnant patients must inform provider of confirmed or suspected pregnancy due to potential therapy risks.
- Medical conditions - Patients with bleeding disorders, pacemakers, or cancer must alert providers for safety.
- I understand FDA has not approved nutritional/herbal/homeopathic substances, though they are widely used globally.
- I understand naturopathic doctors provide lifestyle support but are not psychologists/psychiatrists.

## Consent to Treat - IV Infusions, Vitamin Injections, Ozone Therapy, PRP, Prolotherapy, and GLP-1 Medications

I acknowledge and consent to receiving treatment(s) which may include intravenous (IV) infusions, vitamin injections, ozone therapy, platelet-rich plasma (PRP) therapy, prolotherapy, and/or GLP-1 medications as recommended by my healthcare provider. I understand that these treatments carry potential risks, benefits, and alternatives, and that no guarantee of cure or improvement has been made. I acknowledge that detailed information packets specific to each treatment will be provided to me at the time of service, which I agree to review thoroughly before proceeding with any procedure. I understand that I have the right to ask questions about my treatment at any time and may withdraw my consent before or during treatment. I voluntarily consent to these treatments and acknowledge that I have been given the opportunity to discuss any concerns with my healthcare provider. I confirm that I understand the nature of these treatments and consent to their administration as deemed appropriate by my healthcare team.

## AI Scribe Notice

I understand Dr. Tecaya uses an AI scribe to format notes into bullet points, allowing her to be more present during appointments. The AI is not connected to patient charts and does not know patient details. I must remind her at the beginning of each appointment if I prefer she not use this technology.

## Consent for Care

I consent to evaluation, testing, and treatment as described above.

- I understand this consent remains effective until revoked in writing.
- I understand I may discontinue services at any time and there is no guarantee of treatment results.

# PRACTICE POLICIES, CONSENT TO TREATMENT, AND HIPAA PRIVACY 2026

## SECTION 6: HIPAA PRIVACY NOTICE

### Uses and Disclosures of Protected Health Information

- **Treatment:** We will use your information to provide, coordinate, and manage your healthcare, including coordination with third parties and sharing with referred physicians.
- **Payment:** Information may be used for payment processing and healthcare operations.
- **Healthcare Operations:** Information may be used for quality assessment, employee review, training, licensing requirements, appointment reminders, and calling your name in the waiting room.
- **Uses Required by Law:** We may disclose information without authorization for legal requirements, public health issues, communicable diseases, health oversight, abuse reporting, FDA requirements, legal proceedings, law enforcement, organ donation, research, military activity, workers' compensation, and inmate situations.

### Your Rights

- Right to inspect and copy your protected health information
- Right to request restrictions on use or disclosure
- Right to confidential communications by alternative means or locations
- Right to accounting of disclosures
- Right to request amendments to your information
- Right to paper copy of this notice

### Complaints:

- You may file complaints with us or the Secretary of Health and Human Services if you believe your privacy rights have been violated. We will not retaliate against you for filing a complaint.
- I acknowledge receiving this HIPAA Privacy Notice and understand my rights.

### Acknowledgement:

I voluntarily request a physician, or their designees as deemed necessary, to perform reasonable and necessary medical examination, testing and treatment for the condition which has brought me to seek care at this practice. I understand that if additional testing, invasive or interventional procedures are recommended, I will be asked to read and sign additional consent forms prior to the test(s) or procedure(s).

I certify that I have read and fully understand the above statements regarding Larrea Naturopathic Medicine Treatment and Financial Policy and consent fully and voluntarily to its contents.

**PATIENT SIGNATURE:** \_\_\_\_\_

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## SECTION 7: ARBITRATION AGREEMENT

### **Arbitration Agreement Summary**

Attached is an Arbitration Agreement that we respectfully ask you to sign. By doing so, we agree that any disputes related to the medical services you receive will be resolved through binding arbitration rather than in court.

Arbitration is a widely accepted and court-approved method of resolving disputes. It is typically faster, more private, and less costly than a traditional lawsuit. Both sides can still present evidence and call witnesses. Each party selects an arbitrator, and together they choose a neutral third arbitrator.

Signing this agreement does not take away your rights—it simply changes the forum where a dispute would be resolved. Arbitration helps avoid lengthy court processes and appeals, leading to quicker resolutions.

Our goal is to provide excellent medical care. Most issues can be resolved through good communication, so please reach out if you have questions about your care or the agreement.

**Article 1:** Agreement to Arbitrate: It is understood that any dispute as to medical malpractice, including whether any medical services rendered under this contract were unnecessary or unauthorized or were improperly, negligently or incompetently rendered, will be determined by submission to arbitration as provided by state and federal law, and not by a lawsuit or resort to court process, except as state and federal law provides for judicial review of arbitration proceedings. Both parties to this contract, by entering into it, are giving up their constitutional right to have any such dispute decided in a court of law before a jury, and instead are accepting the use of arbitration.

**Article 2:** All Claims Must be Arbitrated: It is also understood that any dispute that does not relate to medical malpractice, including disputes as to whether or not a dispute is subject to arbitration, as to whether this agreement is unconscionable, and any procedural disputes, will also be determined by submission to binding arbitration. It is the intention of the parties that this agreement bind all parties as to all claims, including claims arising out of or relating to treatment or services provided by the health care provider, including any heirs or past, present or future spouse(s) of the patient in relation to all claims, including loss of consortium. This agreement is also intended to bind any children of the patient whether born or unborn at the time of the occurrence giving rise to any claim. This agreement is intended to bind the patient and the health care provider and/or other licensed health care providers, preceptors, or interns who now or in the future treat the patient while employed by, working or associated with or serving as a back-up for the health care provider, including those working at the health care provider's clinic or office or any other clinic or office whether signatories to this form or not. All claims for monetary damages exceeding the jurisdictional limit of the small claims court against the health care provider, and/or the health care provider's associates, association, corporation, partnership, employees, agents and estate, must be arbitrated including, without limitation, claims for loss of consortium, wrongful death, emotional distress, injunctive relief, or punitive damages. This agreement is intended to create an open book account unless and until revoked.

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**Article 3:** Procedures and Applicable Law: A demand for arbitration must be communicated in writing to all parties. Each party shall select an arbitrator (party arbitrator) within thirty days, and a third arbitrator (neutral arbitrator) shall be selected by the arbitrators appointed by the parties within thirty days thereafter. The neutral arbitrator shall then be the sole arbitrator and shall decide the arbitration. Each party to the arbitration shall pay such party's pro rata share of the expenses and fees of the neutral arbitrator, together with other expenses of the arbitration incurred or approved by the neutral arbitrator, not including counsel fees, witness fees, or other expenses incurred by a party for such party's own benefit.

Either party shall have the absolute right to bifurcate the issues of liability and damage upon written request to the neutral arbitrator. The parties consent to the intervention and joinder in this arbitration of any person or entity that would otherwise be a proper additional party in a court action, and upon such intervention and joinder, any existing court action against such additional person or entity shall be stayed pending arbitration.

The parties agree that provisions of state and federal law, where applicable, establishing the right to introduce evidence of any amount payable as a benefit to the patient to the maximum extent permitted by law, limiting the right to recover non-economic losses, and the right to have a judgment for future damages conformed to periodic payments, shall apply to disputes within this Arbitration Agreement. The parties further agree that the Commercial Arbitration Rules of the American Arbitration Association shall govern any arbitration conducted pursuant to this Arbitration Agreement.

**Article 4:** General Provision: All claims based upon the same incident, transaction, or related circumstances shall be arbitrated in one proceeding. A claim shall be waived and forever barred if (1) on the date notice thereof is received, the claim, if asserted in a civil action, would be barred by the applicable legal statute of limitations, or (2) the claimant fails to pursue the arbitration claim in accordance with the procedures prescribed herein with reasonable diligence.

**Article 5:** Revocation: This agreement may be revoked by written notice delivered to the health care provider within 30 days of signature and, if not revoked, will govern all professional services received by the patient and all other disputes between the parties.

**NOTICE: BY SIGNING THIS CONTRACT, YOU ARE AGREEING TO HAVE ANY ISSUE OF MEDICAL MALPRACTICE DECIDED BY NEUTRAL ARBITRATION, AND YOU ARE GIVING UP YOUR RIGHT TO A JURY OR COURT TRIAL. SEE ARTICLE 1 OF THIS CONTRACT.**

**PATIENT SIGNATURE:** \_\_\_\_\_