

## Overview of services

**Valid from June 1, 2025**

Welcome to my practice.

I am delighted that you have found your way to me and placed your trust in me. Over the past few years, my practice has undergone continuous development. My goal has always been to offer you medically sound, holistic, and empathetic care that is not subject to time constraints or systemic pressures.

In order to continue offering you this quality, I have revised my services – both in terms of content and structure. Below you will find the latest information on services, procedures, and prices.

Existing patients can continue to book appointments under the previous conditions until **August 31, 2025**.

If you have any questions or are unsure about anything, please feel free to send me an email or book a short phone appointment. I will take the time to calmly discuss with you what is right for you.

### About my practice

I focus on **functional medicine, nutritional medicine, complementary biological cancer treatment, Chinese medicine**, and complementary procedures such as **mild hyperbaric oxygen therapy (mHBOT)** – and I primarily support people who want to actively do something for their health.

I made a conscious decision to give up my health insurance accreditation so that I could offer you **more time, more depth, and individualized care**—without time constraints or budget limitations.

## Billing & reimbursement

You will receive an **invoice** from me **in accordance with the GOÄ (German Medical Fee Schedule)** with an increased surcharge. In many cases, you can **deduct** these costs **from your taxes**, and many **private health insurance companies** also **reimburse a portion of** the services – especially laboratory tests.

Please note: Unfortunately, I cannot guarantee full reimbursement by private insurance companies. I am happy to offer support for complex inquiries from private health insurance companies – if this involves a significant amount of work, this time may be charged separately.

## Price overview & appointment structure

- 90-minute health strategy consultation (initial medical history)<sup>2</sup>: \$800
- 45-minute follow-up & implementation consultation (follow-up medical history) (45 min.): €400
- Mild HBOT (hyperbaric oxygen therapy, 90 min.) €120
- Infusions<sup>3</sup>: €75
- 10-minute phone call<sup>4</sup>: €50

**Important:** I always charge for the booked time – fairly and transparently. 90-minute appointment = 90-minute fee. 45-minute appointment = 45-minute fee.

## **Premium Check-Up (preventive)**

Ideal for anyone who wants to take a preventive approach and analyze and improve their health holistically:

- **Initial consultation – 45 minutes:** \$400
- **Laboratory test (blood):** approx. €500
- **Stool analysis (microbiome, digestion, etc.):** approx. €250
- **HRV measurement (heart rate variability):** €100
- **Discussion of findings & individual health plan – 45 minutes:** €400

**Total investment:** approx. €1,650

This check-up is particularly suitable for people without acute symptoms who want to take their health to a new level—with professional analysis and a concrete action plan.

## **Guidance on choosing an appointment**

If you are unsure whether a **complex initial consultation (90 min.)** or a **compact check-up (45 min.)** is more suitable for your situation, please book a **15-minute telephone appointment (€50)** with me – then we can find the right way to get started together.

## **How the appointments take place**

Most appointments take place **conveniently online via video consultation**. If you would prefer to come to my practice in Hamburg in person, this is also possible by arrangement – please send me a short email in advance.

If you are unable to attend an appointment, please let me **know at least 48 hours in advance** – by email or via the booking system. Unfortunately, I have to charge the full amount for appointments that are canceled at short notice or not attended.

## What to expect

I take plenty of time for you. Together, we will examine your current health situation and analyze your lifestyle, diet, stress levels, and other possible factors. This will result in a personalized, well-founded health plan.

In more complex cases, several follow-up consultations are usually advisable. Additional costs may arise:

- **Laboratory diagnostics & technical examinations:** approx. €750–1,500 (depending on requirements)
- **Dietary supplements/medication:** approx. €250–500/month

## Special information for cancer patients

A cancer diagnosis changes many things. Many of my patients seek additional medical support during this phase of their lives—I would like to offer you this support.

- The (co-)treatment of oncological diseases is a focus of my practice.
- After a detailed initial consultation (90 min.), I usually recommend **one 45-minute appointment per week** for the first six weeks.
- In the following six weeks, **further 45-minute appointments approximately every 14 days** are advisable, depending on the individual course of the disease.
- Please note: Diagnostics, therapeutic recommendations, and accompanying substances can incur significantly higher costs in the case of cancer than for other diseases.

If you have any questions or are unsure, please feel free to contact us. This support is very important to me.

## Comments

1) **Questions from private health insurance companies and reimbursements:** Health insurance companies are increasingly asking detailed questions. I am happy to help you—simple adjustments can be clarified in a phone call, and for more complex issues, I charge for the additional time separately. Please book a 15-minute appointment for this.

2) **Initial consultation:** You can choose between two formats:

- **90-minute health strategy consultation** – for complex cases, chronic illnesses, long-standing complaints
- **45-minute compact health check-up** – for patients interested in preventive care who are looking for guidance without acute complaints

3) **Infusions:** €75 flat rate – including equipment, solution, and accessories. The active ingredient (e.g., iron) is charged separately.

4) **Phone calls:** I charge €50 for short phone calls (e.g., for lab preparation). If a call takes significantly longer, I will adjust the fee accordingly.

## Treatment agreement

By booking an appointment, you agree to the above terms and conditions.

Place, date: \_\_\_\_\_

Signature: \_\_\_\_\_

**I look forward to accompanying you on your journey to a new quality of life.**

Sincerely,

**Bastian Hölscher**