PRAXIS BASTIAN HÖLSCHER

PATIENT INFORMATION

Service Overview

Welcome to my practice,

I am glad you have found your way to me - and that you are placing your trust in me.

Over the years, my practice has continued to evolve. My aim has been, and remains, to offer you medically sound, comprehensive and empathetic care, free from time pressure or constraints imposed by the healthcare system.

To continue offering you this level of quality, I have revised my services - both in content and structure. Below you will find the current information on services, the process and fees.

If you have questions or are unsure about anything, please email me or book a short orientation consultation. I will take the time to discuss calmly with you what is right for your situation.

About my practice

My work focuses on Functional Medicine, Nutritional Medicine, supportive biological cancer care and Chinese Medicine - and I primarily support people who want to take an active role in their health.

I deliberately chose to give up my authorisation to treat patients under statutory health insurance, so I can offer you more time, greater depth and individual care - without appointment pressure or budget limits.

Billing & reimbursement

You will receive an invoice in accordance with the GOÄ (German medical fee schedule), using an increased multiplier. In many cases, these costs are tax-deductible, and many private health insurers reimburse part of the cost of services - especially laboratory tests.

Please note: I cannot guarantee full reimbursement by private health insurers. I am happy to help with complex enquiries from your insurer; if this involves substantial work, the additional time may be billed separately.

Prices at a glance

Important: I always bill for the time booked - fairly and transparently. A 90-minute appointment = a 90-minute fee. A 45-minute appointment = a 45-minute fee.

Service	Duration	Fee
Orientation consultation (Zoom)	30 min.	€150
Vaccination consultation for parents (Zoom)	30 min.	€150
Compact initial consultation Health Check-Up	45 min.	€400
Detailed initial consultation Health Strategy Consultation, including a review of your records and preparation of your plan	90 min.	**€800**
Follow-up / results consultation	45 min.	€400
Short phone call (existing patients only)	10-15 min.	€50
Infusion (administration, solution & supplies)	-	€75 + active ingredient

Laboratory tests, stool analyses, technical investigations and supplements are charged additionally as needed (see "What to expect").

Getting started: two options

Option 1: Get acquainted - orientation consultation, 30 min., €150

For anyone who first wants to find out whether and how working with me is a good fit. We look at your starting point together, and I provide an initial medical assessment and a specific recommendation for your next step. You can then take your time deciding whether and in what form to continue.

Option 2: Start directly - detailed initial consultation, 90 min., €800

For chronic or long-standing symptoms, the 90-minute Health Strategy Consultation is the right starting point. You can book it directly, without a prior orientation consultation. The fee for this first appointment is **€800**.

> **Why €800 for the first appointment?**
> I focus on complex cases: chronic conditions, long medical histories and numerous previous findings. The work therefore extends beyond the 90-minute consultation:
> **Before:** I review your records, previous findings and laboratory results.
> **During:** 90 minutes just for you - medical history, lifestyle, nutrition, stress and all other factors.
> **After:** I assess everything and prepare your individual health plan.
> All of this is included in the €800 fee.

If you are unsure whether the detailed initial consultation (90 min., €800) or the compact check-up (45 min., €400) is better suited to your situation, feel free to book the orientation consultation first (30 min., €150). Together, we will find the right way to get started.

Services in detail

Premium Check-Up (preventive)

Ideal for anyone who wants to take a preventive approach and thoroughly assess and improve their health:

- **Compact initial consultation - 45 minutes:** €400
- **Laboratory tests (blood):** approx. €500
- **Stool analysis (microbiome, digestion, etc.):** approx. €250
- **HRV measurement (heart rate variability):** €100
- **Results consultation & 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 a professional assessment and a concrete action plan.

Vaccination consultation for parents - 30 minutes: €150

For parents facing a specific vaccination decision for their child. We discuss whether the vaccination is necessary, how to make the decision and how to improve tolerability. Medical guidance without judgement: the decision remains yours, and the vaccination itself continues to be carried out by your paediatrician.

Orientation and vaccination consultations take place by video (Zoom). If you are unable to join a Zoom call for technical reasons, the appointment can also take place by phone.

How appointments take place

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

If you cannot attend an appointment, please let me know at least 48 hours in advance - by email or through the booking system. For appointments cancelled at short notice or missed appointments, I unfortunately have to charge the full fee.

What to expect

I take plenty of time for you. Together, we explore your current health situation, looking at lifestyle, nutrition, stress levels and other possible factors. This forms the basis for an individual, well-founded health plan.

In more complex cases, several follow-up consultations are usually helpful (45 min., €400 each). Additional costs may include:

- **Laboratory tests & technical investigations:** approx. €750-1,500 (as needed)
- **Supplements/medication:** approx. €250-500/month

Special notes for cancer patients

A cancer diagnosis changes many things. Many of my patients seek additional medical support during this phase of life - and I would like to offer you that support.

- Treating and providing supportive care for cancer is a focus of my practice.
- After the detailed initial consultation (90 min., €800), I generally recommend one 45-minute appointment (€400) per week for the first six weeks.
- In the following six weeks, further 45-minute appointments approximately every 14 days are usually helpful, depending on your individual progress.
- Please note: in cancer care, diagnostic tests, treatment recommendations and supportive substances may result in significantly higher costs than for other conditions.

If you have questions or feel unsure, please get in touch. Providing this support is very close to my heart.

Notes

1) Private insurer enquiries & reimbursement: Health insurers are increasingly asking detailed questions. I am happy to help - simple adjustments can be clarified by phone; more extensive work is billed separately. Please contact me briefly about this; these short phone calls are billed as described in point 4.

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

- **90-minute Health Strategy Consultation (€800)** - for complex cases, chronic conditions and long-standing symptoms; includes reviewing your records and preparing your health plan

› **45-minute Compact Health Check-Up (€400)** - for patients interested in prevention who are seeking guidance without acute symptoms

3) Infusions: €75 flat fee - including administration, solution and supplies. The active ingredient (e.g. iron) is billed separately.

4) Phone calls: Short phone calls (e.g. to prepare for laboratory tests) are billed at €50. If a call takes significantly longer, I adjust the fee accordingly. These 10- to 15-minute calls are available only to existing patients.

Treatment agreement

By booking an appointment, you agree to the terms set out above.

Place, date: _____

Signature: _____

I look forward to supporting you on your journey towards a better quality of life.

Warm regards,

Bastian Hölscher

Contact

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