

INFORMED CONSENT FOR SPECIALIZED FUNCTIONAL MEDICINE TESTING

1. Purpose and Nature of Functional Testing

I understand that the laboratory testing ordered by practitioners of From The Ground Up Health & Wellness, PLLC is designed to evaluate nutritional status, metabolic function, toxic exposures, gut microbiome health, and physiological imbalances. These tests are used for wellness optimization and to identify underlying functional disruptions, rather than diagnosing acute medical emergencies.

2. Distinction from Conventional Testing

I acknowledge that specialized functional medicine panels (including but not limited to advanced stool analysis, salivary/urinary hormone mapping, and nutrient profiles) differ from standard screening labs. Some panels evaluate biomarkers that are not routinely monitored in conventional medical practices.

3. Review and Interpretation Required

I understand that laboratory results are not self-explanatory. My practitioner does not monitor the laboratory portal in real-time. Results will only be released, reviewed, and interpreted during a formally scheduled follow-up consultation. I agree to schedule this appointment after my labs are drawn.

4. Patient Responsibilities for Sample Collection

I accept full responsibility for:

- Reading and strictly following all kit instructions (e.g., fasting, stopping specific supplements, collection timelines).
- Arranging and scheduling my own blood draws at an approved phlebotomy site, if required, and paying any associated local draw fees.
- Mailing the completed sample back to the third-party laboratory using the provided shipping materials within the expiration window.

5. Financial Responsibility and Insurance Disclaimer

- **Out-of-Pocket Cost:** I understand that specialized functional medicine laboratories operate primarily on a cash-pay basis. I agree to pay all testing fees at the time of ordering.
- **Insurance Non-Coverage:** I acknowledge that standard health insurance networks and Medicare/Medicaid typically classify these specialized tests as "not medically necessary" or "investigational." Insurance is not charged, nor do we provide any paperwork to use insurance.

- **Refund Policy:** I understand that once a test kit has been shipped by the laboratory vendor, the order is non-refundable.
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INFORMED CONSENT FOR SPECIALIZED TESTING & THIRD-PARTY FULFILLMENT

1. Third-Party Vendor & Lab Platform Processing

I acknowledge and understand that From The Ground Up Health & Wellness, PLLC does not manufacture, package, or directly ship laboratory test kits.

- All specialized functional medicine test orders (such as stool, saliva, urine, or organic acid panels) are managed and fulfilled by our third-party infrastructure partners
- Wellness supplement regimens and specific conventional lab orders may be facilitated through third-party partners
- I consent to From The Ground Up Health & Wellness, PLLC securely sharing my name, email address, phone number, and specific clinician-authorized lab requisitions with third-party partners solely to complete my order, send tracking details, and issue digital invoices.

2. Independent Patient Responsibilities for Testing

- **Kit Collection:** I accept full responsibility for reading and following all instructions included in the kit from laboratories like *Precision Analytical (DUTCH)*, *Genova Diagnostics*, or *Diagnostic Solutions*.
- **Blood Draws:** I am responsible for paying any independent local phlebotomy draw fees.

3. State-Specific Lab Ordering Restrictions

I acknowledge that state laws strictly regulate laboratory ordering. I agree to accurately report my state of residence at checkout.

TELEHEALTH BOUNDARIES & STATE LICENSURE DISCLAIMER

1. Geographic Scope of Practice

Ashley Lynn, MSN, APRN, FNP-C, BCFMP is an Advanced Registered Nurse Practitioner (ARNP) licensed to practice medicine strictly within the State of Iowa.

2. Legal Location of Care

Under Iowa medical and nursing regulations, telehealth care is legally considered to take place at the patient's physical location at the time the service is rendered.

- You agree that you will only request lab orders, telehealth evaluations, or clinical consultations if you are physically present within the borders of **Iowa** at the time of the encounter.
- From The Ground Up Health & Wellness, PLLC cannot legally order diagnostic testing or provide medical care to individuals physically located outside of the State of Iowa.

3. Truthful Location Reporting

By clicking "Order," establishing an account, or scheduling an appointment, you certify under penalty of perjury that the address and physical location you provide during checkout or within the patient portal is your true, accurate, and current physical location. Falsifying physical location data to bypass state licensing boundaries is a violation of these terms and will result in immediate termination of the patient-provider relationship without a refund.

IOWA REQUISITION AND LAB COMPLIANCE POLICY

1. Independent Patient Responsibilities for Testing

- **Blood Draws:** You are responsible for paying any independent local phlebotomy draw fees directly to the drawing facility.
- **Out-of-State Travel Notice:** You may not travel outside of Iowa to get your labs drawn

PATIENT PORTAL SECURITY & PHI PRIVACY POLICY

1. Protected Health Information (PHI) Security

We take your privacy seriously. Any medical histories, clinical intake paperwork, and laboratory results are classified as Protected Health Information (PHI). We do not store health data on standard website servers. All health communications are securely stored and encrypted inside our federal HIPAA-compliant patient portal infrastructure.

2. Secure vs. Insecure Communications

- **Secure Portal:** Patients must utilize the secure portal messaging system to discuss lab results, symptoms, or treatment modifications.
 - **Standard Email/SMS Waiver:** If you choose to opt in to standard email notifications or SMS text alerts for lab status updates or scheduling reminders, you acknowledge that standard text messaging and unencrypted email are not entirely secure transmission channels. By opting in, you accept the risk that these notifications could theoretically be intercepted by unauthorized third parties outside of our secure network.
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