



Concierge Care NP Patient Pledge

Your health and healing depend on a full commitment from your provider and more importantly, from you. You must be an active member of your health care team.

1. **Primary Care.** To be successful with regaining control of your health, you must commit to following the guidance provided by CCNP. While we encourage you to see your primary care provider (PCP) for many ailments, traditional medicine conflicts with the Functional Medicine approach to health. You must follow the guidance of your CCNP provider even when it conflicts with the guidance from your PCP. This is especially true for medications. Following conflicting guidance may undo our efforts to help you improve your health.
2. **Persistence.** Some chronic illnesses can take weeks, months or even longer to improve. If you do not see immediate results, don't give up. It takes time and persistence to find and treat the root causes of your illness. You will have to work hard, and so will we.
3. **Commitment.** Your commitment to comply with prescribed dietary changes, supplements, and medications, as well as other treatment recommendations, is the key to healing. If you don't follow the plan with reasonable consistency, your progress will likely be stalled.
4. **Support.** Functional medicine is a different approach from the existing health care model. Chronic illness can contribute to challenges with focus, cognition, energy and mood. Some of the changes that we ask of you may feel overwhelming at times. We urge every patient to find support at home. Family or friends may provide support, but that is not always adequate. If you need assistance, we will help you locate someone to help you with your support.
5. **Non-Compliance.** If you fail to comply with this pledge to your own health, CCNP may terminate our relationship with you as a patient until a time when you are ready to commit to improving your health.

I have read and agree to the statements above.

Please Print Your Name

Date

Patient Signature