

## Patient Pledge

Your health and healing depend on our commitment to doing the best we can and your commitment to:

- Have a Primary Care Physician (PCP). You will need a PCP while working with Dr. Torres. We cannot see you here without a PCP on record. Dr. Torres does not handle medical or mental health emergencies. Your PCP will be contacted if a situation arises that requires the attention of your local provider.
- The Functional Medicine Approach. We strongly recommend that you fully commit to our medical approach in order to succeed.
- A Partnership and a Process. Some chronic illness can take weeks, months, or even longer to improve. If you don't see immediate results, don't give up. Your healing is based on a partnership and a process. It takes time, patience and persistence to find and treat the root causes of your illness. You will have to work hard, and so will we.
- Prescribed changes. 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.
- Ongoing 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. We will recommend outside services if you are having difficulty with behavior modification and mental health. Refusal to make appropriate use of recommended treatment will result in termination of Dr. Torres's services.

I have read and agree to the statements above.

Printed Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_