WellnessMD
OPTIMAL HEALTH FROM WITHIN

Referral Letter October 2026
www.wellnessmdhealth.com

## PATIENT DETAILS

| | | | |
|---|---|---|---|
| **Name:** | | **Last Name:** | |
| **Date of Birth:** | | **OHIP Number:** | |
| **Address:** | | **Phone number:** | |
| | | **Email:** | |

## Referral For:

☐ **Lifestyle Medicine, Weight Loss, Menopause** - *Dr. Steyn / Dr. Yudin / Available Menopause MD or NP*
*At Wellness MD, a collaborative menopause team delivers your care. Follow-up visits may be with another physician or nurse practitioner, depending on availability, to ensure seamless support.* ***NOTE:*** **If the waitlist for Dr. Steyn is long, the patient can be seen earlier by a Menopause Certified NP private pay**

☐ **Naturopathic Doctor (Menopause Certified) -** *Dr. Julia Fountain, ND*; *Dr. Stephanie Matte, ND* (Covered by Private Insurance)

☐ **Cognitive Behavioural Therapy (CBT) :**
- **Registered Psychotherapist:** *Stephanie Tenhaeff, M.Psy, RP, BCC* - **Private Insurance**
- *Dr. Ellie Mirchi* - **Covered by OHIP for NON-FHO family doctors**

☐ **Therapeutic Botox Treatments, PRP for Hair Growth -** *Dr. Alexandra Yudin, MD, CCFP*
(Initial consult covered by OHIP) Products are private-pay or covered by private insurance. Relief for chronic migraines, management of primary hyperhidrosis, and bruxism.

☐ **IV Iron Infusion -** Please include the patient's most recent CBC and iron studies with the referral. Patients meeting eligibility criteria will be assessed and treated with IV Monoferric® as appropriate.

## *We also offer the following services, many of which are covered by private insurance:*

- Comprehensive, physician-directed **weight management program** integrating medical assessment, lifestyle medicine, health coaching and multidisciplinary support for individualized care.
- Physician-directed **menopause membership with ongoing health coach support** aligned with Canadian Menopause Society guidelines, including lifestyle medicine and menopause CBT. Compounded therapies may be considered if first-line options are not tolerated.
- **Registered Nutritionists and Health Coaching for Gut Health, Hormonal Balance. Experienced in: IBS, PCOS, Menopause & Weight-Loss**
- **Functional Medicine, Health Coaching, Mindset Coach, Integrative Pharmacist**
- **Life, Health & Wellness Coach**
- **Marriage Counselling**
- **Medical Grade Skincare; Acne Treatment**
- **Scar & Stretch Mark Removal Without Laser**
- **Minor surgical procedures - skin cancer monitoring; mole mapping**
- **IV Therapy**

**We are a team of 20 specialized health providers, including medical doctors, naturopathic doctors, health coaches, registered nutritionists, registered psychotherapists, an acupuncturist, registered nurses, a nurse practitioner, and a pharmacist, supporting what busy family practices often don't have time to address. We treat the root causes of chronic illness, hormonal imbalance, weight struggles, and menopause, improving long-term patient outcomes. Consider us a reliable, communicative partner in your patients' health journey.**

## REFERRED BY

| | | | |
|---|---|---|---|
| **Name:** | | **Billing Number:** | |
| **Phone Number:** | | **Fax Number:** | |
| **Signature:** | | **Date:** | |

**Name of Family MD:** _____