

**Direct Doctors Patient Agreement – Gynecology Care Addendum for MEMBERSHIP
with Erin Kunkel MD**

Joining for Gynecologic Membership:

Patients may join for ongoing membership as follows:

- (1) After the initial consultation visit has been completed with Dr. Kunkel OR
- (2) If the consultation has been waived which applies only to:
 - (a) prior patients of Dr. Kunkel
 - (b) Direct Doctors, Inc. primary care members

Monthly Fee:

For ongoing gynecologic membership care, patient agrees to pay Direct Doctors, Inc. a monthly membership fee as follows:

- (a) \$125/mo for a patient who is not a primary care member at Direct Doctors Inc.
- (b) \$100/mo for a patient who is a primary care member at Direct Doctors Inc.

Included in Dr. Kunkel's practice membership:

*****You do not need to utilize all services offered to become a patient of Dr. Kunkel's*****

Routine and Acute Gynecologic Care:

- Annual well woman check with preventative cancer screening per age-specific guidelines (i.e. breast exams, mammograms, pap smears)
- Testing and treatment for sexually transmitted infections as needed
- Contraception counseling and management
- LARC (long acting reversible contraceptive options like IUDs and Nexplanons) counseling, insertion, and removal
- Routine indicated vaccinations (Gardasil, flu)
- Diagnosis and management of vulvovaginal infections, urinary tract infections, pelvic pain
- Diagnosis and management (non-surgical) of menstrual disorders, abnormal uterine bleeding, or postmenopausal bleeding
- Diagnosis and management of PCOS (polycystic ovarian syndrome)
- Perimenopause and Menopause Medicine
- Obesity Medicine (which will include lifestyle modification advice and may include weight loss medications for those who clinically qualify)
- Colposcopy (as needed, for followup to abnormal PAPs) - if a pre-cancerous or cancerous lesion is identified, you will need to be referred to an appropriate gynecologic surgeon.

Visit Frequency, Follow Ups:

- Will be determined by your unique care needs.
- For those on hormone therapy, there will be a visit 3 months after initiating hormone therapy OR after a dose adjustment of hormone therapy and visits to evaluate any adverse side effect of medication will be scheduled within a week.
- For those engaging in obesity medicine, there will be visits at least every few months to monitor progress, efficacy and side effect management.
- If there is any significant update to your medical history, specifically around breast or uterine cancer, heart disease, stroke, blood clots, or liver disease, it is your responsibility to contact Dr. Kunkel for a follow-up visit to discuss changes to your care plan.

Communication:

- After hours communications (nights, weekends, holidays): Patients are expected to hold non-urgent communications to normal business hours or send via patient portal or email, including medication questions, refill requests, scheduling or billing concerns, or general medical questions.
- All medication refills should be requested via email or patient portal.
- Patients acknowledge that acute concerns that are considered gynecologic emergencies will require a visit to an ER to receive the appropriate level of care in a timely manner and include:
 - Severe acute pelvic pain
 - Severe acute pelvic pain with a fever greater than 100.4
 - *Any* acute pelvic pain with a positive pregnancy test, especially if the pain is one-sided
 - Heavy vaginal bleeding (saturating a large maxi pad in 1 hour for 2 hours or more) *with* accompanied dizziness, weakness, nausea/vomiting
 - Heavy vaginal bleeding as described above with a positive pregnancy test that does not show signs of stopping after 3-4 hours
- Patients acknowledge that they can relay all other acute concerns by phone, text, email or portal during business hours and that Dr. Kunkel will schedule for a same day/next day visit whenever possible.

Excluded from Dr. Kunkel's practice membership:

- **Dr. Kunkel is NOT a primary care doctor:** Her medical licensing and board certification limits her scope of practice to gynecologic care only. You will be referred back to your primary care provider or to an appropriate specialist for non-gynecologic conditions that are identified as possibilities during your evaluation or treatment.
- **A note for obesity medicine patients:** Dr. Kunkel's Obesity Medicine board certification allows her to diagnose and treat the disease of obesity with lifestyle changes, nutrition,

physical activity, and anti-obesity medications, including GLP-1 receptor agonists (Wegovy, Zepbound). However, any obesity-related comorbidities that require active surveillance or treatment will NOT be managed by Dr. Kunkel and patients will be asked to continue their care with their PCP or other specialists already involved in their care. Dr. Kunkel will happily communicate with any outside provider the patient wishes.

- **A note for those interested in functional and integrative medicine:** As above, Dr. Kunkel is a licensed and board certified gynecologist whose scope of practice is limited to gynecologic and hormonal conditions and concerns. Her additional certification in women's functional and integrative medicine deepens her approach to care by using a whole person approach to health, addressing root causes of certain hormonal imbalances, and providing guidance around safe and effective non-pharmaceutical treatments. As a medical doctor, she adheres to the current standards of evidence-based care when ordering tests and prescribing medications.
- **No surgical or hospital care:** At this time, Dr. Kunkel does not have admitting or surgical privileges at any hospital. If during the course of your care with Dr. Kunkel, a surgical need is identified, you will be referred to a gynecologic surgeon for that surgery, and may continue your non-surgical care with Dr. Kunkel.
- **Obstetrics:** Dr. Kunkel does NOT treat any pregnancy related conditions, even in early pregnancy. You will need to identify an OB provider to establish care if/when you have a positive pregnancy test.

By entering your name to e-sign online you are acknowledging your agreement to and understanding of this online addendum.

Patient Name, Date