



XPRESSIONS MEDICAL

PATIENT SERVICES AND FEES

Updated February 2026

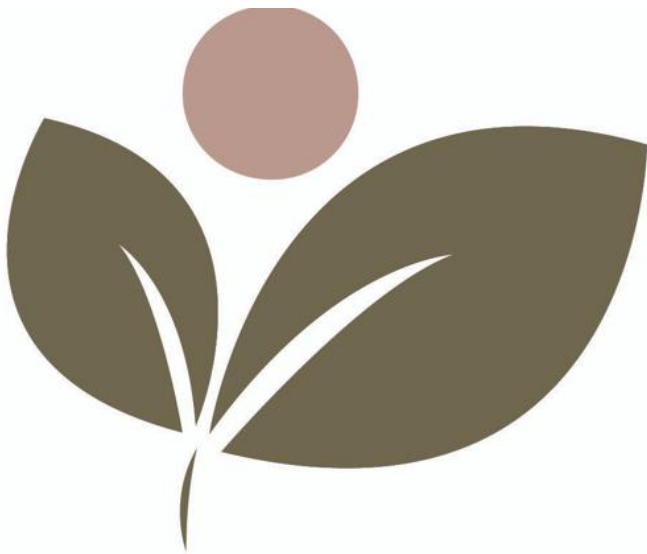


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INTRODUCTION

At Xpressions Medical, we provide accessible, evidence-based healthcare with a personalized approach.

Patients may choose to **become registered patients** of Xpressions Medical – gaining access to ongoing, comprehensive primary care – or **book short-term specialty consultations** for targeted care needs such as women’s health, mental/cognitive health, or sexual health. Services are available both in-person, virtually, or a hybrid-model.

Our clinic currently operates on a **private-pay basis**, as Nurse Practitioners in Ontario are not yet able to bill OHIP directly. We anticipate this will change in **2026**, at which time we look forward to offering **publicly funded visits**. Until then, our care remains patient-centred, transparent, and focused entirely on your health goals.

Scope of Practice & Referrals

Care at Xpressions Medical is provided within the professional scope of practice of our Nurse Practitioner, in alignment with provincial standards. If a concern requires specialized procedures, imaging, or secondary care, appropriate **referrals** will be made to ensure safe, coordinated care.

Appointments Only

Xpressions Medical is a **scheduled, Nurse Practitioner-led primary care clinic**. We are **not a walk-in, urgent care, or emergency clinic**.

If you are experiencing **urgent or emergency symptoms** – such as chest pain, shortness of breath, severe abdominal pain, sudden weakness, confusion, uncontrolled bleeding, or any rapidly worsening condition – **call 911** or go to your **nearest emergency department** immediately.

Our clinic provides **non-emergent, appointment-based care** focused on prevention, chronic disease management, and comprehensive health assessments.



Becoming a Registered Patient

At Xpressions Medical, we provide both **in-person and virtual care** to registered patients across Ontario.

To become a registered patient, you must first complete a **New Patient Intake** or **Family Intake** appointment. It is important to choose the appropriate service location level for your intake, of either:

- In-person and virtual hybrid-care services (local patients Windsor-Essex)
- Virtual Care Services (Ontario-wide)

Once registered, you'll have access to the ongoing medical and follow-up services listed within the appropriate *Services for Registered Patients* section.

Virtual Care at Xpressions Medical

Virtual care is ideal for many conditions where a physical examination is not required. It allows patients across Ontario to conveniently access high-quality, nurse practitioner-led care from home. Common areas that can be safely and effectively managed through virtual appointments include:

- **Chronic disease management** - diabetes, hypertension, thyroid disorders, cholesterol, osteoporosis, anemia, and stable asthma or COPD
- **Mental health care** - anxiety, depression, ADHD
- **Women's and men's health** - menopause, PCOS, menstrual concerns, erectile dysfunction, hormone management, UTIs
- **Skin health** - acne, eczema, rosacea
- **Medication reviews and lab follow-ups** - reviewing results, adjusting prescriptions, and renewing medications

Virtual visits can be used for new consultations, follow-ups, or reviewing test results, and most laboratory requisitions can be sent electronically to your preferred testing centre. Your nurse practitioner may request that you obtain equipment relevant for ongoing monitoring of your condition, such as a blood pressure cuff or glucose monitor.

Some conditions, however, do require in-person assessment for safety – such as new or severe pain, injuries, infections requiring direct visualization (ear, eye, or throat), and any examination that involves touch or specialized procedures. If unsure whether your visit is appropriate for virtual care, feel free to inquire with our office. We also may

reach out to you beforehand if we notice that the reason for your booked appointment does not seem appropriate.

Patients living near the clinic may combine **hybrid care** – virtual follow-ups with in-person visits for physical exams, testing, or procedures.

 **New Patient Intake - \$100**

A 60-minute comprehensive visit reviewing your full health history, medications, and health goals.

This intake is required prior to receiving ongoing care.

 **New Family Intake - \$200**

For households of two to four family members establishing care together. Additional family members beyond four require a separate appointment.

Please note:

- We currently accept **patients age six and older**.
- **Infants and preschool-aged children** cannot be accepted at this time, as our clinic **does not provide vaccinations**.
- Families with young children are encouraged to maintain care with a pediatrician or family physician for routine immunizations and early-childhood visits.

Registered Patient Services

General Physical / Preventative Care - \$75

Your annual wellness visit focuses on prevention, early screening, and optimizing your long-term health based on your age, risk factors, and family history.

Chronic Disease Visit - \$75 (Annual Comprehensive) / \$50 (Follow-Up)

These visits support patients living with **long-term or recurring medical conditions** that require monitoring, medication review, and lifestyle management.

At Xpressions Medical, we manage a wide range of chronic conditions, including but not limited to:

- **Metabolic & Cardiovascular Health** - diabetes, hypertension, high cholesterol, obesity, heart disease, thyroid disorders
- **Respiratory Health** - asthma, COPD
- **Mental Health & Neurological Conditions** - anxiety, depression, ADHD, migraine disorders, cognitive decline, dementia
- **Musculoskeletal & Pain Conditions** - arthritis, osteoporosis, chronic pain syndromes, fibromyalgia
- **Digestive Health** - irritable bowel syndrome (IBS), GERD, Crohn's disease, ulcerative colitis
- **Hormonal & Reproductive Health** - menopause, PCOS, endometriosis, erectile dysfunction, benign prostatic hyperplasia (BPH)
- **Dermatologic Concerns** - acne, eczema, psoriasis

Each condition includes **one comprehensive annual review (\$75)** per year.

This annual visit covers your history, medications, lab work, and an updated care plan. Any **visits between annual reviews** (for medication changes, results, or symptom monitoring) are billed as **follow-ups (\$50)**.

Acute / Episodic Care - \$50

For short-term issues such as infections, cold or flu symptoms, urinary tract infections, or minor injuries (one concern per visit).

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Sexual Health Visit - \$50

Includes contraception counselling and/or STI testing or treatment

Polypharmacy Check - \$75

A detailed review of all prescriptions and supplements to ensure safe, effective medication use and reduce potential interactions.

 **Forms & Administrative Services**

Service	Fee
Sick Note	\$30
Back-to-Work / Return-to-Work Form	\$50
MTO Driver's Medical	\$150
Workplace / Employment Medical	\$150
School or Sports Physical	\$150
Short- or Long-Term Disability Forms	\$150

For virtual care patients - If forms require a physical examination, this must be completed in person by a local provider.

 **Procedures (Registered & Non-Registered Patients)**

- Skin Lesion Excision / Removal - \$250

Specialty Services (Non-Registered Patients)

These consultations are available *both virtually and in-person*, and without registering as a long-term patient. Each visit includes an assessment, recommendations, and a summary for your regular healthcare provider. Your provider may recommend additional diagnostics and lab work and may recommend additional follow-up visits. Follow-ups, if required, are billed at **\$50 per visit**.

Women's Health Consultation - \$150

Addresses complex or sensitive women's health concerns, including menopause, hormonal changes, abnormal uterine bleeding, menstrual irregularities, PCOS, sexual dysfunction, or pelvic pain.

Comprehensive Mental Health & Neurocognitive Assessment - \$225

An in-depth evaluation for memory loss, attention issues, mood concerns, cognitive decline, or possible ADHD.

Includes targeted assessment, screening, and written recommendations for next steps.

Medical Weight-Loss Consultation - \$150

A personalized consultation to support safe, sustainable weight loss. This visit reviews your medical history, current health, weight-loss goals, and prior strategies. If appropriate and eligibility criteria are met, medication-assisted weight management may be discussed and prescribed. Ongoing follow-ups help monitor progress, side effects, and adjust the plan as needed, with a summary provided for your regular healthcare provider.

Sexual Health Consultation - \$100

Short-term visit for contraception counselling, STI testing, or pregnancy testing.

Future Services (Not Yet Available)

We're continually expanding to meet the needs of our patients and community. Planned services (anticipated by 2026) include:

- **Intrauterine device (IUD) Procedure** - Insertion, check, and removal
- **Vaccine Appointments** - Routine and travel immunizations
- **Well-Baby / Early Childhood Visits** - Growth and developmental assessments
- **Prenatal Care** - Comprehensive pregnancy care and education

Clinic Policies and Patient Expectations

Service Fees & Payment

All services at Xpressions Medical are privately billed until nurse practitioner OHIP billing becomes available (anticipated 2026).

Payment is due at the time of service, and fees are non-negotiable and non-refundable. Accepted forms of payment include credit or debit card.

A valid credit card is required to book your appointment and will only be charged after services are rendered. Appointments booked under the wrong service type will be corrected to the appropriate billing category by the Nurse Practitioner.

Cancellations & Missed Appointments

We require **24 hours' notice** for cancellations or rescheduling.

Appointments cancelled or missed without adequate notice may be subject to a **\$50 fee**. Repeated missed appointments may result in restricted booking privileges.

Lack of Payment

Outstanding balances must be settled prior to scheduling additional appointments.

Respectful Conduct

Our clinic maintains a **zero-tolerance policy** for verbal abuse, discrimination, harassment, or disrespect toward staff or other patients.

Any such behavior may result in termination of care and dismissal from the practice.

Scope of Practice

Care is provided within the professional scope of practice of our Nurse Practitioner.

If your needs fall outside this scope, appropriate referrals will be made to ensure safe, coordinated care.