

## FAQs

### **What is Integrative Medicine?**

Integrative Medicine is a relatively new specialty that offers “whole-person” care – addressing the full range of physical, emotional, mental, social, spiritual, and environmental factors that can affect a person’s health.

Physicians who practice Integrative Medicine use evidence-based, holistic treatment modalities and wellness therapies to tailor a care plan that addresses each patient’s unique health issues and personal goals and supports optimal long-term wellness.

### **I already have a doctor; why would I choose to see an Integrative Medicine physician?**

The Cooper Integrative Medicine Program for Women is designed to complement existing treatment plans prescribed by your primary care and specialty physicians. It doesn’t replace the care they provide. After your initial visit and development of your personalized care plan, we’ll send your primary care physician a detailed summary of your visit and a list of therapies that we’ve recommended.

### **What can I expect during my initial 60-minute visit?**

During your visit, you and your physician will review your patient information form, explore the root causes of your illness, and help you understand how emotional, environmental, physical, social, and spiritual factors might be interfering with your body’s ability to heal. Your physician will also conduct a brief examination and partner with you to develop a unique, personalized treatment plan based on your needs and goals.

### **What type of recommendations might I expect from an Integrative Medicine physician?**

Each patient is unique, so recommendations are tailored to your individual health needs and goals. The wellness plans that our team develops focus on natural remedies (that don’t interfere with traditional medications) and proven complementary medicine approaches such as acupuncture, therapeutic massage, meditation, and yoga to maximize your body’s potential for self-healing.

Overall, we emphasize prevention and developing healthy behaviors and effective self-care skills you can use throughout your life to achieve and sustain your long-term health goals.



### **Do you see patients who are being treated for cancer?**

The Center for Integrative Oncology at MD Andersen Cancer Center at Cooper offers specialized services for patients with cancer who are undergoing treatment and those who have completed treatment. To make an Integrative Oncology appointment, please call 1.855.MDA.COOPER (1.855.632.2667).

### **Is my Integrative Medicine appointment covered by insurance?**

Most insurance companies cover Integrative Medicine appointments as they would any medical specialty appointment. Patients with an HMO plan will need a referral from their primary care provider. If you have any questions, please call your insurance provider.

### **Where is the Integrative Medicine Program for Women office?**

It's located at:

The Ripa Center for Women's Health and Wellness at Cooper  
6100 Main Street Promenade  
901 Centennial Boulevard  
Voorhees, New Jersey, 08043

### **What do I need for my first visit?**

We ask that all new patients complete the Patient Information Form and return it to us at least two days prior to your scheduled visit. All disclosed information will be discussed during your appointment. The form can be found at [CooperHealth.org/IntegrativeMedicine](http://CooperHealth.org/IntegrativeMedicine).

The success of your first visit depends on us having this completed form so our team can review the information and be properly prepared to address all your needs and concerns.

### **Please return the form via mail, fax, or email.**

#### ***Mail to:***

Integrative Medicine Program  
The Ripa Center for  
Women's Health and Wellness  
6100 Main Street Promenade  
901 Centennial Boulevard  
Voorhees, New Jersey, 08043

#### ***Fax to:***

856.673.4497

#### ***Scan and email to:***

[IntegrativeMed@CooperHealth.edu](mailto:IntegrativeMed@CooperHealth.edu)

**To schedule an appointment for  
a consultation with an Integrative  
Medicine physician, please call  
856.673.4912**

***We look forward to helping you  
on your journey to optimal health.***

