



~ New Patient Guide ~

Welcome to Colorado Precision Medicine

Thank you for choosing Colorado Precision Medicine.

I am honored that you have entrusted me with your health. My objective is to provide thoughtful, individualized medical care that combines the best available scientific evidence with careful clinical judgment and a deep understanding of you as a whole person.

Unlike traditional primary care practices, I intentionally limit the number of patients I see so that each appointment has the time and attention needed to understand not only your symptoms, but also the underlying factors that influence your health.

Whether your health objectives involve disease prevention, healthy aging, optimizing performance, managing complex chronic illness, or simply feeling your best, I look forward to partnering with you.

Medicine is rarely about quick fixes. My commitment is to provide honest guidance, personalized recommendations, and compassionate care while helping you make informed decisions that align with your goals and values.

Rather than trying to solve one problem at a time during a brief visit, we strive to understand how your medical history, lifestyle, environment, genetics, and personal aims interact to influence your overall health.

My mission is not simply to help you feel better today, but to help you understand your health more completely so that together we can improve your long-term well-being.

Our Approach

Colorado Precision Medicine is built upon several core principles.

Personalized Care

No two patients are alike. Every recommendation is tailored to your medical history, lifestyle, genetics, goals, and preferences.

Evidence-Informed Medicine

I integrate conventional medicine with carefully selected lifestyle, nutritional, and functional medicine approaches supported by the best available evidence.

Prevention First

Preventing disease is often more effective than treating it after it develops. Whenever possible, our focus is on identifying risk factors early and promoting long-term health.



Partnership

Excellent healthcare requires collaboration. My role is to provide expertise and guidance while empowering you to actively participate in your health journey.

What Makes Our Practice Different

Colorado Precision Medicine is intentionally different from a traditional medical office. Our appointments are significantly longer than typical physician visits, allowing time for careful review of your history, laboratory data, lifestyle, and concerns.

Rather than focusing on isolated symptoms, we seek to understand the interconnected factors affecting your health, and connect the relevant dots.

As an independent direct-pay practice, we are able to focus on what is medically appropriate rather than being dictated to based on what insurance plans may or may not cover.

Working Together

The best outcomes occur when physician and patient work as partners.

As a patient, we ask that you:

- Attend scheduled appointments, coming prepared
- Complete required forms and questionnaires
- Complete recommended follow-up testing
- Keep your medication and supplement list current
- Communicate openly
- Ask questions during your appointment
- Participate in shared decision-making

Together, we can make thoughtful, informed decisions that best support your long-term health.



What We Do

Our practice provides personalized evaluation and management in areas including:

- Comprehensive Precision Medicine Evaluation
- Disease Prevention
- Longevity & Healthy Aging
- Cardiovascular Prevention
- Metabolic Health
- Brain Health
- Women's Health in Menopause/Perimenopause
- Men's Health
- Bone Health
- Lifestyle Medicine
- Genomic Risk Assessment

What We Do Not Provide

To ensure the highest quality of care within our practice model, there are services we do not routinely provide.

Colorado Precision Medicine is not:

- A primary care practice



- An urgent care clinic
- An emergency department
- A pain management clinic
- A provider of chronic opioid therapy
- A walk-in clinic
- A vaccination clinic
- A provider of routine cancer screening
- Complex medical conditions (without prior approval)
- Routine medication management unrelated to your care plan
- A replacement for emergency medical services

You should continue to maintain an ongoing relationship with a primary care clinician for routine preventive care, acute illnesses, vaccinations, and age-appropriate screening.

Your First Appointment

Your initial consultation is designed to be comprehensive. Before your appointment, we ask that you:

- Complete all intake questionnaires
- Upload any requested medical records
- Upload a brief summary of any other medically relevant information
- Bring an updated medication and supplement list
- Bring any outside laboratory results or imaging that you would like reviewed
- Prepare a list of your goals and questions

The more complete your information, the more productive your consultation will be.

Communication

Clear communication is an important part of your care.

The patient portal is the preferred method for routine communication. But portal messages are not a replacement for an appointment.



Portal messages work best for:

- Brief follow-up questions
- Clarification of your existing treatment plan
- Medication refill requests
- Administrative questions

New medical concerns, complex discussions, or significant treatment changes usually require a scheduled appointment. We reserve the right to bill in 15-minute increments should more complex requests be submitted via the patient portal, requiring meaningful clinical resources to respond.

Portal messages are not monitored continuously and should never be used for urgent or emergency medical situations. We strive to respond within two business days for routine messages, but due to unforeseen circumstances, this isn't always possible.

Laboratory Testing

Many patients undergo laboratory testing as part of their evaluation.

Depending on your situation, testing may include:

- Standard clinical laboratories
- Specialty laboratories
- Imaging studies
- Genetic testing

Medications & Supplements

Please keep an updated list of all:

- Prescription medications
- Over-the-counter medications
- Vitamins
- Minerals
- Herbal products
- Hormones



- Peptides
- Dietary supplements

This information is essential to providing safe, coordinated care.

Appointments

Because appointment times are reserved specifically for you, punctuality is appreciated.

If you anticipate arriving late, please notify our office as soon as possible.

Depending on scheduling constraints, a shortened visit may be necessary while the full appointment fee still applies.

Cancellation Policy

We intentionally maintain a smaller practice in order to provide longer appointments and greater physician availability. Late cancellations and missed appointments make it difficult for other patients to receive timely care.

Current cancellation fees are outlined in our separate Financial Policy and Practice Agreement.

Emergencies

Colorado Precision Medicine does not provide any emergency medical care.

Do not use the patient portal or email for emergency medical situations.

If you are experiencing what you believe to be a medical emergency, call 911 immediately or go to the nearest emergency department.

Thank You

Thank you for choosing Colorado Precision Medicine.

I recognize that selecting a physician is an important decision. My objective is to provide the thoughtful, personalized care that every patient deserves while building a trusted partnership focused on your long-term health.

I look forward to working with you.

Tereza Hubkova, MD
Founder & Physician
Colorado Precision Medicine