

## **Office Policies for Richard Hruby, D.O.**

### **Initial Visit**

In my practice I provide Osteopathic care, as well as functional medicine and nutritional medicine. I have an extensive background in classical homeopathy as well. The type of care provided to you will depend on the nature of the problem and what you are looking for.

Initial Osteopathic visits consist largely of Osteopathic evaluation and treatment of the musculoskeletal system, nervous system, and viscera as is appropriate for you. The work, though very direct, is fairly gentle. Follow-up visits are generally scheduled at 7 to 10 day intervals depending on the nature of the issue that you are having.

My orientation with functional medicine and my approach to nutrition is towards natural and organic foods, with appropriate supplementation to help bring balance back to the body. I have a strong focus on blood sugar balance. I will prescribe bioidentical hormones when needed.

In consideration of our chemically sensitive patients, please refrain from wearing perfume, cologne, essential oils, etc., to your office visit.

### **Charges and Payments**

I ask that all patients pay at the time of their visits, including those covered by Medicare and insurance. Please note that I do not accept Workers Compensation. At this time I do not accept credit cards.

Phone calls or emails that require longer than a few minutes to handle may incur a charge that is generally not reimbursable by insurance. Examples of these situations include phone calls or emails with questions requiring research, longer case management phone calls, or longer phone conversations regarding an acute illness.

### **Cancellations**

Please give a 24 hour notice if you need to cancel or make a change in appointment time. Missed appointments or late cancellations may incur a charge.

### **After Hour Emergencies**

For emergencies, please call 911 or go to your local emergency room. Please note that the office answering machine is not reviewed over the weekend until Monday morning.

### **Your Scheduled Appointment Times**

**Initial:**

**Follow-up:**

8120 Penn Avenue South, Suite 440 • Bloomington, MN 55431 • (952) 920-0844

## Directions to Southtown Office Park

Richard Hruby, D.O.

8120 Penn Avenue South, Suite 440

Bloomington, MN 55431

(952) 920-0844

The office is very close to the 35W and 494 interchange, just south of the Southtown shopping center. Southtown Office Park is a white, five story building that is set back behind a one story building that sits directly on Penn Avenue at the intersection of 82<sup>nd</sup> and Penn Avenue South. There is ample parking on either side of the building.

Please note that directions given on Mapquest and Google Maps are very confusing.

During rush hour 494 may be backed up, especially if you are driving on 494 coming from the west. During these times it might be best to take 84<sup>th</sup> Street to Penn. If you are on Highway 100 southbound and you see that 494 is backed up, go past 494 to 84<sup>th</sup> and take a left. Follow 84<sup>th</sup> past France Avenue all the way to Penn and take a left.

If you are coming on 35W, exit onto 82<sup>nd</sup> and proceed west. You will come to Penn Avenue and the one story building mentioned above. 8120 is directly behind the one story building. Go either left or right on Penn to get to the parking lots on either side of the building. If southbound 35W is backed up coming out of Minneapolis, Penn Avenue going south is an easy route. Continue on Penn past 494.

If traffic is backed up when you are coming from the east on 494, exit on Portland, Nicollet, or Lyndale and go south at the top of the exit. Go south to American Boulevard. Go right. American runs parallel to 494. Continue to Penn and take a left.

