



DR. SABET'S SOLUTIONS

THE ADULT ADHD CENTER OF CLEVELAND

(440) 543-0707

Toll-free 1-(844) PSYCH-MD

WELCOME! We look forward to getting to know you, and providing support as you pursue personal health, career, and academic goals. Trained at the Cleveland Clinic and Board-Certified in Psychiatric Medicine as well as the American Board of Integrative and Holistic Medicine (ABIHM), Dr. Sabet uses all treatment modalities from the most current medications available to many alternative therapies. His main focus in his practice however remains his 25plus years of evidence-based psychopharmacology. He is very cautious with medication side effects and utilizes scheduled substances such as benzodiazepines and stimulant on a short term basis generally. Dr. Sabet believes in frank and honest doctor /patient dialogue and does not shy away from confronting maladaptive coping mechanisms that might be doing lifelong damage to the patient.

APPOINTMENTS: Regular appointments are essential to maintaining good health and progressing towards your personal goals for therapy. Keep your follow-up appointment even if you are not running out of medicine. The appointment is needed to evaluate risks and benefits of your current therapy and to make any needed adjustments. Be sure to notify us of any changes in your health data and share any labwork done by other healthcare providers for review by Dr. Sabet.

It works best to schedule your next appointment at the time of your visit to our office. If you find out later that you need to make a change, the best time to reach us 8am to 12 pm Monday through Friday. At least 24 hours notice is required if you are unable to keep your appointment, or *we must charge for office time reserved*. Our office is often able to accommodate urgent and last-minute appointments if your schedule is uncertain.

PRESCRIPTIONS: Remember to discuss all medication issues and ask for any needed refills at your appointment. We may charge a fee of \$25 for phoned in prescription refills. If you need this service, be sure to give us your pharmacy phone number along with the medication you are requesting. Dr. Sabet provides medication management only in the context of regular follow-up appointments. Medication refills without checkups are bad medicine and will not be allowed.

MESSAGES: Messages are checked regularly and calls will be returned within one business day in most cases. If case of a psychiatric emergency, call Highland Springs at (216) 539-4513, dial 911, or go to the nearest emergency room.

AUTHORIZATIONS: If authorizations are required by your insurance carrier for medications prescribed by Dr. Sabet, we will do our best to provide needed documentation to overcome your insurance company's frustrating interruption in your care. Due to the amount of staff time required for lengthy phone calls, we use only the CoverMyMeds site for all necessary prior authorizations. Dr. Sabet can often prescribe a less-expensive generic alternative if you provide a list of medications approved by your insurance, or that you can purchase without insurance.

INSURANCE: We are not contracted with any insurance companies, but you can submit insurance claims on your own if you have coverage for out of network providers. Just ask for a visit statement after you see Dr. Sabet, which has all the information you will need. Call the number on the back of your insurance card to find out how to submit your claim. We prefer that any insurance reimbursement be sent directly to you, since you have already paid for your appointment.

BILLING: It's easy to pay a bill any time of day or night by using a credit card at <http://www.faridsabetmd.com/payments>. Be sure to keep your billing information current by entering any changes in method of payment or demographics during the check-in process before your appointment. You can also email sabet.office@gmail.com

CONFIDENTIALITY: Our practice is small and private to prevent your personal information from being shared through electronic records, such as those used by many larger institutions. We are proudly independent and unaffiliated. Our records and notes are only for Dr. Sabet and our small staff to provide continuity of care for you, and will not be shared (within legal parameters) unless you provide us with a signed Release of Information form.

LEGAL ISSUES: Please note that our services are designed to offer you the best options for diagnosis and treatment and are not intended to function as legal (forensic) psychiatric assessments for the purposes of employment disputes, disability claims, guardianship, custody, etc.

LAPSES IN TREATMENT: Regular appointments are essential to maintaining good health and progressing towards your personal goals for therapy. It is best to consult with Dr. Sabet before discontinuing treatment. Patients who return to treatment after a year or more will usually be assessed as a new patient.

GET SOCIAL WITH US! Our website <http://www.faridsabetmd.com> has a wealth of information. Make sure to check out Dr. Sabet's blog archive for helpful tips.

We also have two pages on Facebook: <https://www.facebook.com/DocSabet> and <https://www.facebook.com/AdultADHDCleveland> and Twitter @FaridSabetMD where Dr. Sabet highlights items of interest to himself and his patients.