



and



Hour Exchange Portland

formerly Portland Time Bank
85 Grant Street, Portland, Maine 04101
(207) 874-9868 (207) 773-4701 fax

An Innovative Partnership A Pilot Project Creating Access to Health Care

Join Hour Exchange Portland Today: The concept is simple: You help a neighbor in need and earn one time credit for every hour offered. In exchange, you can spend your time credits on any number of over 100 different services that members offer each other, including health care services at True North. See inside for details.

Hour Exchange Portland's mission is to strengthen the informal support systems of family, neighborhood and community through the gift of time. For more information call 207-874-9868 or log on to our website:

www.HourExchangePortland.org

True North's mission is to change healthcare and inspire individuals to live healthier lives through integrative care, education and research. For more information call 207-781-4488 or log on to our website

www.truenorthhealthcenter.org

An Innovative Collaboration

A Pilot Project Creating Access to Health Care



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A New Way to Access Health Care For You and Your Family

- Earn time credits, while helping others in your community, and pay for health services at True North with the time credits you have earned! It's true. If you are *an Hour Exchange member* and you are *income eligible* and *do not have other health care coverage*, you can pay for health services at True North with time credits.
- Health services, available for payment with time credits, include individual practitioner services at True North, but not classes, lab tests or the True North store.
- The Bonus — All Hour Exchange members (regardless of income) are eligible to receive a 10% cash discount at True North for services and at the True North Store.

HOW TO ACCESS SERVICES AT TRUE NORTH



LIMITED AVAILABILITY:

Access to health services at True North for payment with time credits is limited. In order to provide access to Hour Exchange members, True North requires that you must first meet the income eligibility requirements below and not have other health care coverage options. If you not meet these requirements you cannot use time credits to pay for care but you can use the 10% discount available to all Hour Exchange members.

If you're paying with cash.

It's simple. All Hour Exchange members receive a 10% discount on all services offered at True North.

Step 1

If you haven't joined Hour Exchange Portland, call our office 207-874-9868 for an application, and to set up an orientation meeting. You will receive an Hour Exchange ID card after orientation.

Step 2

After you have become a member of the Hour Exchange, call True North directly, 207-781-4488, to schedule an appointment with a practitioner. At that time, please indicate that you are an Hour Exchange member.

Step 3

When you pay for services received, show your Hour Exchange Portland ID card and receive a 10% discount.

If you're paying with Time Credits.

This is simple, too. Hour Exchange members have access to True North health services for payment with time credits.

Step 1

If you haven't joined Hour Exchange Portland, call our office 207-874-9868 for an application, and to set up an orientation meeting. You will receive an Hour Exchange ID card after orientation.

Step 2

After you have become a member of the Hour Exchange, call True North directly, 207-781-4488, to schedule an appointment with a practitioner. **At that time, you must indicate that you will be paying with time credits.**

Step 3

When you pay for services received, you will be charged 2 time credits for each appointment with a practitioner at True North. You will need to present your Hour Exchange ID card when checking out.

Income Eligibility Chart

Family Number	May Earn Up To:
1 person	\$23,400
2 person	\$31,500
3 person	\$39,600
4 person	\$47,700
5 person	\$55,800
6 person	\$63,900
7 person	\$72,000
8 person	\$80,100

Offerings at True North



At True North, we believe there are many paths to healing, and that the integration of these resources leads to the most effective and satisfying outcomes. True North's highly trained and credentialed practitioners offer both state of the art medical care and complementary therapies. We offer our skills to you within an environment of caring, quality, and consideration.

True North's "menu" of services reflects our belief that different strategies are useful for different people at different times.

- Medical consultations for men, women, and children with specific health concerns
- Comprehensive women's health care, including gynecology, fertility/preconceptions and family planning, healthy menopause, hormone balancing, annual exams, healthy aging, etc.
- Physician consultations regarding holistic approaches for people with cancer/chronic illness or disease
- Comprehensive holistic health evaluation, personalized preventive medicine, and health mentoring
- Nutritional assessment and counseling including therapeutic nutrition and food supplement information
- Mental health services
- Drug/Supplement Interaction Program
- Functional Medicine
- Energy therapies, including Healing Touch and Energy Medicine
- Pediatric Care
- Shamanic Healing
- Acupuncture
- Massage
- Naturopathic Medicine
- Chiropractic Care and Chiropractic Acupuncture
- Pediatric Hypnotherapy (useful for resolving many common childhood problems such as nail biting and bed wetting)
- Parenting, Sleep and Behavioral Consultations

PLEASE NOTE:

- We cannot offer a discount or payment by time credits on any lab tests performed at True North or on any outside services to which you may be referred.
- True North does not directly bill insurers. Patients are given a detailed receipt and can submit directly to their insurer. Services may or may not be covered, call your insurer and ask about your "out of network" benefits in advance.
- Although True North does provide a large array of services, there are still many types of care that are not offered at True North. You may need to seek other healthcare options for some of your health related needs.