



Dear Expectant Parent

Congratulations on the new addition to your family!! I am delighted to welcome you to Ebert Family Clinic and to introduce myself as your pediatrician. It is an honor to be part of this incredible journey with you. As your child grows, I look forward to providing expert guidance, compassionate care, and a medical home for your family. My highly qualified team and I will be here every step of the way to support you in nurturing your child's health and well-being.

Rest assured that your family is in good hands as I bring a wealth of experience to pediatric and family medicine. For 20 years, I provided pediatric care in Saipan before moving to Summit County, Colorado, where I have been caring for patients through my private practice for the past 25 years. With over 40 years of experience delivering comprehensive medical care in rural communities, I have gained a unique perspective and deep clinical knowledge from working with diverse cultures and environments. Now specializing in high-altitude medicine, I take a concierge approach to healthcare, treating generations of families with a personalized and holistic focus.

Direct Access to Me

I understand that new parents often have pressing concerns and urgent questions about their baby's health. To ensure you always have access to reliable medical guidance, I provide my personal cell phone number to parents. You can reach me directly via text, phone call, or message through the patient portal. This approach, which is rarely seen in today's medical community, is central to my philosophy of care. I believe that immediate and open communication is vital to building a trusting relationship and providing truly comprehensive care. In many cases, this direct access can help prevent unnecessary emergency room visits and alleviate undue stress, giving you the confidence and peace of mind you deserve as a new parent.

I am honored to be part of your family's healthcare journey and look forward to building a lasting relationship with you and your child. May your days ahead be full of cuddles, giggles, and unforgettable moments.

~ Dr. Chris

 **Cell Phone:**
(970) 390-1616

 **Blog:**
highaltitudehealth.com

A SPECIAL NOTE ABOUT DELIVERY DAY

Dr. Chris prefers to be present at the birth of your little one and will be in constant communication with the hospital on this special day. She believes that establishing a relationship with your newborn from the very first moments of life helps build a foundation of trust and continuity of care.

Her presence ensures a seamless transition from hospital to home, providing immediate reassurance and expert oversight. Please be certain to inform your OB-GYN and hospital staff that you have chosen Dr. Chris as your trusted pediatrician, allowing for a well-coordinated and smooth delivery day experience.

Important Steps Before Delivery

To ensure a smooth transition for your newborn's healthcare, we highly recommend adding your child to your insurance plan before delivery. This step helps prevent unexpected delays or insurance denials that could result in out-of-pocket costs. We advise reaching out to your insurance provider ahead of time to understand the coverage details for pediatric visits and vaccinations.



For More Information
www.ebertfamilyclinic.com



PATIENT PORTAL REGISTRATION

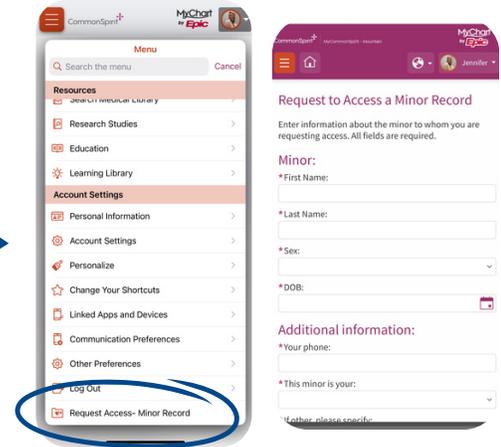
Ebert Family Clinic requires all families to register for our patient portal, which serves as a vital tool for managing your child's healthcare. Through the portal, you will have direct access to your provider, full access to medical records, prescriptions, lab results, and referrals. You can also request medication refills, schedule appointments, receive appointment reminders, & conveniently make payments.

Registration

At your first visit to our clinic, our staff will text you a unique registration code. When you follow the link provided in the text, it will take you to the Commonspirit - Mountain Region registration page. Here you will enter the registration code and your personal information. For ease of use, we recommend downloading the Commonspirit Mountain Region app from your app store. You will also have the opportunity to connect your smart watch which provides you will more flexibility in how you receive notifications.

Access

Once you have registered your personal account, simply open the menu using the 3 lines at the top left of the screen, scroll all the way to the bottom of the list and select "REQUEST MINOR ACCESS". Fill out the required data fields and in 1-3 business days, access will be granted and you will have full access to your child's account.

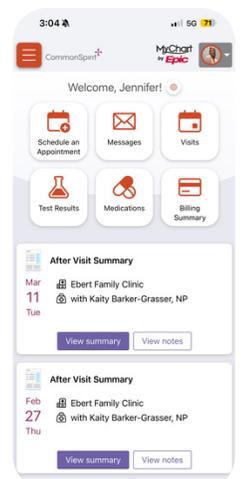


Records

The home page of the app allows you to see your child's most recent after visit summary as well as review labs, medications, and a list of all visits. In the menu option (3 lines at the top left) you can review specifics of your child's record including growth charts, preventive care, health reports, medical history, etc. We encourage you to personalize their portal by updating pictures and customizing notification and communication preferences. If there are any updates to your insurance, please update that in the menu section. You can change a picture by clicking on the "personalize" option under account settings in the menu.

Requests

You can message your provider, schedule appointments, and request medication refills directly from the home page! If the medication is a controlled substance, you will have to message your provider instead of utilizing the "medication refill" option. **Choose messages > send message > Ask a medical question > prescription question > choose your provider.** Please make sure to add which pharmacy you would like the prescription sent to. Due to shortages of some controlled substances, availability at certain pharmacies is limited so please be sure to contact your pharmacy prior to requesting a refill to ensure your pharmacy will be able to accommodate the request timely.



Vaccine and other immunizing agents	Birth	1 mo	2 mos	4 mos	6 mos	9 mos	12 mos	15 mos	18 mos	19–23 mos	2–3 yrs	4–6 yrs	7
Respiratory syncytial virus (RSV-mAb (Nirsevimab))	1 dose depending on maternal RSV vaccination status (See Notes)					1 dose (8 through 19 months), See Notes							
Hepatitis B (HepB)	1st dose	← 2nd dose →		← 3rd dose →									
Rotavirus (RV): RV1 (2-dose series), RV5 (3-dose series)			1st dose	2nd dose	See Notes								
Diphtheria, tetanus, acellular pertussis (DTaP <7 yrs)			1st dose	2nd dose	3rd dose				← 4th dose →			5th dose	
Haemophilus influenzae type b (Hib)			1st dose	2nd dose	See Notes			← 3rd or 4th dose (See Notes) →					
Pneumococcal conjugate (PCV15, PCV20)			1st dose	2nd dose	3rd dose				← 4th dose →				
Inactivated poliovirus (IPV)			1st dose	2nd dose	← 3rd dose →							4th dose	
COVID-19 (1vCOV-mRNA, 1vCOV-aPS)						1 or more doses of 2024–2025 vaccine (See Notes)							
Influenza (IIV3, cclIV3)						1 or 2 doses annually							
Influenza (LAIV3)											1 or 2 doses annually		
Measles, mumps, rubella (MMR)					See Notes	← 1st dose →					2nd dose		
Varicella (VAR)					See Notes	← 1st dose →					2nd dose		
Hepatitis A (HepA)					See Notes	2-dose series (See Notes)							

What to Expect at Our Practice



Newborn visit (within the first week of birth)



Well-child visits at 1, 2, 4, 6, 9, 12, 15, 18, 24 and 30 months



Routine immunizations according to the CDC guidelines to protect your child from preventable diseases

At Ebert Family Clinic, we are committed to providing your child with the highest quality of care. During your baby's first two years, we follow the recommended well-child visit schedule and immunization guidelines set forth by the Centers for Disease Control and Prevention (CDC). Regular checkups allow us to monitor your child's growth and development, provide necessary vaccinations, and address any questions or concerns you may have as parents.

During each well-child visit, we conduct comprehensive developmental screenings to assess your child's physical, behavioral, social, and cognitive progress. We utilize the evidence-based Ages and Stages Questionnaire (ASQ) tool to track developmental milestones and identify any potential areas that may require additional support. The ASQ screening system has been tested extensively and is based on sound child development and assessment principles. Backed by almost 40 years of rigorous research, ASQ questionnaires are highly accurate in identifying children with developmental delays, demonstrating excellent sensitivity and specificity. Your participation in these screenings is invaluable, as early detection and intervention can have a significant impact on your child's long-term well-being.

We also care deeply about the well-being of parents. Parenting is a rewarding but sometimes challenging journey, and we understand the importance of mental health during this transition. When necessary, we may utilize screening and diagnostic tools to assess the mental health of parents, ensuring they receive the support and resources they need. Your well-being is just as important as your child's, and we are here to help you navigate this new chapter with confidence and peace of mind.



Ebert Family
CLINIC

SELF PAY PRICING

- **What's included:** Every visit includes an examination, medical history, vital signs, prescriptions electronically sent to pharmacy and take-home instructions.
- **Additional charges:** There may be additional charges for certain labs and durable medical equipment.
- **Payment method:** Payment in full is required at the time of service via cash or credit.
- **Not for insurance:** Self-pay pricing is available to uninsured patients and cannot be used in combination with insurance benefits, government health plans, or the Healthy Savings program. By accepting the self-pay rate, a patient agrees not to seek reimbursement from any insurance program.
- **Pricing is valid for a single office visit per patient; additional fees apply for follow-up visits and any additional lab tests recommended based on a provider's evaluation.**



\$175 // **Basic**

- ✓ Sick Visit
- ✓ Follow up Visit
- ✓ Testing Included
- ✓ If more than 2 services are needed, transition to Advanced.

\$225 // **Advanced**

- ✓ Includes Basic Visit
- ✓ 2 Additional Services
- ✓ Any more than 2 transition to Complex Pricing

\$275 // **Preventive**

- ✓ Well Child Visit
- ✓ Annual Physical
- ✓ Basic Labs
- ✓ Referrals Included

\$350 // **Complex**

- ✓ Includes Advanced services plus list
- ✓ items on back

Get in Touch with Us

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Frisco, CO 80443

(970) 68-1616

ebertfamilyclinic.com

BASIC

Bladder Infection
Urinary Tract Infection
Diarrhea
Ear Infection
Flu, Cold, Fever, Fatigue
Insect Bites or Stings
Joint Pain
Minor Allergic Reaction
Minor Burns
Nail Infection or Fungus
Nausea
Pink Eye or Stye
Pregnancy Test
Rash or Poison Ivy
Scrapes or Abrasions
Sinus Infection
Skin Infection
Strep or Sore Throat
Swollen Glands
Tonsillitis
upper Respiratory Infection
Flu/RSV/COVID Testing
Stitches/Suture Removal
Blood Draw
Ear Wick

ADVANCED

Injectable Medications
Ear Wax Removal
Foreign Body Removal from Ear
Nebulizer Treatment
EKG
Spirometry
Concussion Evaluation
Sprain with Splint

COMPLEX

Abscess Treatment
Biopsy/Skin
Burn/Wound Debridement
Excision Lesion
Joint Injection
Foreign Body Removal Eye
Wound Care (*Flush, Clean, Debridement, Pack, Dress*)
Simple Laceration Repair (*Suture/Stitches*)
Medical IV Fluids/Therapy (*stand alone IV hydration services are separate pricing*)