



Dr.ATHMA
Holistic Compassionate Care

Patient General Information Leaflet

Discover our seamless
appointment procedures for
Pain and Lifestyle Medicine
consultations and treatments.

Transparent fee structure
ensures you understand the
costs associated with your
medical journey.

ATHMA Life Sciences Ltd.

Alison Bampton 07961704719 | secretary@drathma.com | <https://drathma.com>



Dr. Athmaja Thottungal

MBBS, FRCA, FFPMRCA, ESRA-DRA, FIPP, CIPS, ESRA-DPM, Dip IBLM/BSLM
Consultant- Pain management, Anaesthesia and Lifestyle medicine

Clinics: One Ashford Hospital, The Chaucer Hospital and Online remote consultation (<https://drathma.com>)

Secretary: Alison Bampton Email: secretary@drathma.com | Tel: 07961704719

Appointments

Dr. Athmaja Thottungal, is a specialist in Pain management, Anaesthesia and Lifestyle Medicine. Please visit <https://drathma.com> for more details.

- Please contact us stating which service you are accessing, prior to appointment. We may be able to offer a convenient appointment time and date for you.
- Your initial communication will be with my secretary who is not medically trained, but she will do her best to assist with your needs.
- We might request you to fill in a pre-assessment form and send the previous medical details including investigation results to have as much information as possible to make the consultation more useful and assist you better.
- You may choose to book directly with the hospital (One Ashford hospital, Ashford or Chaucer hospital, Canterbury). In such case, please tell the booking clerk the reason for your visit and you should **provide your relevant medical records details while booking the appointment.**
- If you have had any imaging at NHS hospitals, please inform us if you think it would be helpful for images or reports to be obtained.
- The NHS and private hospitals are not linked; therefore, we cannot automatically view your records to know your medical history.
- If you would like to go back to the NHS, we will discharge you back to your GP who can make a referral to a NHS specialist as needed following their assessment.

Fee – Pain Management

As Dr. Thottungal provides various medical services, the fee structure varies depending on the consultation time and type of service. We believe in providing the best quality care in a holistic way to you as a person to enjoy life to its fullest, rather than treating a medication condition, symptom or managing a disease.

- New consultation for self-pay:
 - 45 minutes - 60 minutes: **£350.00.**
- Follow up consultation:
 - 15 minutes telephone follow up: **£175.00.**
 - 30 minutes face to face follow up: **£200.00.**
- A cancellation fee of **£50.00** applies if you miss or cancel an appointment. This is to show your commitment for the booking made and to value our time.
- Charge for prescription outside of the clinic setting: **£25.00.**
- You will not be asked to pay any consultant fees OR procedure fee, if any, directly to consultant, at the hospital.
- Invoice will be sent from consultant office for consultation or the hospital for the procedure.
- We do not have any financial conflict of interest to declare with the hospitals where the services are provided.

Payment methods:

- We accept payment via cheque, BACS or via card over telephone.
- Payment details will be mentioned in the invoice.

Additional investigations and prescriptions:

- If any additional investigations are needed; the doctor will suggest them. It can't be ordered through your GP or NHS hospital after a direct private consultation.
- Any additional prescription outside the consultation will be charged as **£25.00** per prescription as administration charge.

Insurance patients:

- Please check with your insurance company as payment for any short fall may be needed for procedures that you may need to undergo, but not covered by insurance.

All payments are to be made in advance.

Fee – Lifestyle Medicine

Lifestyle medicine consultation is complex and needs a longer time to explore all aspects of your conditions and treatment options to plan the right care for your well being. We will assist you throughout the program.

- New / Initial master consultation for 60-90 minutes: **£450.00.**
- Follow up consultation for 30 minutes: **£200.00.**
- Lifestyle disease management programs span 6-12 weeks.
- Programs include Diabetes reversal, Weight management, Preoperative prehabilitation and optimisation, Wellness and longevity, Long COVID, Hormone and gut reset. These are covered in packages as below.
- For more details regarding the program, visit <https://drathma.com>.
- Please contact us for tailoring packages or personalised offers.

Service	6 wk Program	12 wk Program
Duration	6 weeks	12 weeks
Video Master Consultations (60 minutes each)	Weeks 1, 6	Weeks 1, 6, 8, 12
Daily chat review and holistic assessment of test results, physiological parameters, nutrition, manage symptoms etc.	✓	✓
Medication adjustment guidance	✓ ★	✓ ★
SOS support - Emergency email / messaging contact for troubleshooting	✓ ★	✓ ★
Telephonic review (15 minutes each), weekly targets and plans at end of weeks	End of weeks 2,3,4,5	End of weeks 2,3,4,5,7, 9,10,11
Health coaching and Final Clinical Letter with a plan for future self management and incorporating this as a lifestyle change	✓	✓
Telephonic follow-up after 3 months to review repeat blood results and suggestions	✓	✓
Fee	£1750	£3250

★ Consult GP / Emergency service as needed

Insurance Cases

At ATHMA Life Sciences, we value your life and treat you holistically as an individual and not just for a disease or medical condition. We will provide wholesome care needed than just one as many insurance companies suggest

- Not all insurance companies provide cover for all the services provided by Dr. Thottungal, especially the holistic care.
- If you want to pay through the policy, obtain an authorisation number from your insurance company prior to consultation.
- Please make sure you fully understand the policy. We and the hospital will invoice your insurance company after consultation / procedure.
- Any excess or shortfall will be your responsibility. It is important to agree to this with your insurance company prior to your consultation.

Handling Information

- We will share your clinical outcome letter via posted letter or email with you. Your GP or other Clinician(s) will be included as per your request. We will email your information to you if an email address is provided. Please let us know if you would prefer not to receive emails.
- We will ask the hospital where you are seen to store a copy of your report in their hospital file. This will be sent to them via email or post.
- We will store your details in a secure database.

Theatre Procedures

Dr. Thottungal will explain the procedure, indications, risks and benefits prior to booking you in.

- If you are insured, you will need a procedure code to present to your insurer and gain authorisation.
- If you are a self-pay patient, quotes will be requested from your chosen hospital. They are responsible for preparing a package fee.
- This will include hospital fee and doctor's fee. This might vary depending on whether the procedure is done in minor procedure theatre, main theatre, needing sedation, use of ultrasound or X ray or any other special equipment etc.
- The doctors fee in the package will include surgeon's procedure fee and post procedure follow up fee.
- Theatre will be arranged subject to pre-assessment and fulfilling the hospital's admission criteria.