

Dear New Patient-

Greetings! We are so excited that you have taken this step to work together to help you reach your optimal health.

I enjoyed connecting with you during your discovery call. I want to let you know the next steps to get started.

Elizabeth, my assistant will be calling you either today or the next business day to get you scheduled. She will ask for a \$100.00 deposit to reserve your appointment time. This will be applied to the cost of your visit. In an effort to be considerate of patients who are waiting to be seen, please give 48 business hours notice if you need to cancel or reschedule. If you forget or cancel your appointment with less than 48 business hours notice, the \$100.00 deposit is non-refundable, as we aren't able to fill the spot with such short notice.

In order to use your first visit most efficiently, we would like to have your data back to us **1 week prior to your visit.**

What data do we need?

1. **Questionnaires:** When you make an appointment you are sent an email from Hormone Wellness MD with an invitation to the patient portal and several questionnaires to complete. We use CHARM EHR. Here is the website link to log into the system. <https://phr2.charmtracker.com/login.sas>. The questionnaires are pretty detailed. I would allow 1.5 hours to complete.
2. **Labs** from the last 1-2 years. Labs we are interested in are as follows:

Test Name	Price	Effective Date	Test Code	CPT Code
C-Reactive Protein, Cardiac	\$8.50	8/15/2019	120766	86141
CBC With Differential/Platelet	\$4.00	8/15/2019	005009	85025
Comp. Metabolic Panel (14)	\$5.30	8/15/2019	322000	80053
Ferritin, Serum	\$9.00	8/15/2019	004598	82728
GGT	\$4.00	10/7/2019	001958	82977
Hgb A1c with eAG Estimation	\$7.50	8/15/2019	102525	83036
Insulin	\$9.00	8/15/2019	004333	83525
Iodine, Serum or Plasma	\$45.00	8/15/2019	070034	83789
Iron and TIBC	\$8.00	8/15/2019	001321	83540; 83550
Lipid Panel With LDL/HDL Ratio	\$11.50	8/15/2019	235010	80061
Magnesium, RBC	\$13.00	8/15/2019	080283	83735
Reverse T3, Serum	\$29.00	8/15/2019	070104	84482

Thyroid Antibodies	\$22.00	8/15/2019	006684	86376; 86800
TSH+T4F+T3Free	\$46.75	8/15/2019	376137	
Vitamin B12 and Folate	\$24.00	8/15/2019	000810	82607; 82746
Vitamin D, 25-Hydroxy	\$28.00	8/15/2019	081950	82306
Zinc, RBC	\$13.00	8/15/2019	070029	84630
DRAWING FEE	\$5.00	12/4/2019		

- If you have had any of these labs done in the last 6-12 months and they are normal we don't necessarily need to repeat them, just send us a copy of the report. You can attach them as a PDF in a message to Dr. Watson through the portal.
- If you haven't had any of these labs done in the last 12 months or are missing some, please let us know at least 1 week prior to your appointment. Be clear if you want to use cash pricing or insurance. If you want to use insurance, that information needs to be filled out in the questionnaires so we can send the lab order.
- If you would like to check and see if it's cheaper for your to use your insurance or cash pay pricing, the CPT codes are listed above for you.
- If you would like us to order the labs prior to your visit and use the cash pay pricing shown above, we will need to collect payment for the labs + \$5.00 drawing fee + 10% prior to releasing the lab order. I would advise that labs be completed 4 business days prior to your appointment.
- We don't draw blood in the office. Lab orders are placed through Labcorp. Here is the link to make an appointment at Labcorp
<https://www.labcorp.com/labs-and-appointments>

3. **Pathology** reports if you have had cancer or precancer.
4. Most recent **Pap smear, Mammogram and DEXA** scans if applicable.
5. If you have seen another functional medicine doctor/provider, please share lab testing that was done such as OATS testing/ hormone testing/ gut testing/ food sensitivity testing.

Should I bring another person to my appointment?

We want you to be comfortable and supported in your health journey. If it helps you to bring a partner or friend to have another set of ears, they are more than welcome to be present for your visit. If you would like some privacy during part of your consultation or during your exam, you will need to let us know so that we can assist your partner or friend to the waiting area. If you are comfortable with them present for the entire appointment that is fine.

Please bring supplements you are taking in their original containers with you to your appointment. If we can use something you already have, we will!

What if I can't get this done before my appointment? We will simply use some of your appointment time to do the intake and you may require additional follow up appointments to review labs that are drawn after the appointment.

Thank you! We look forward to partnering with you at Hormone Wellness MD.

Wishing you optimal health!

Polly Watson MD FACOG NCMP IFMCP