

Hormone Balancing Therapy Required Tests

What you need to know to get started

Before we begin bio-identical hormone balancing, several baseline tests must be completed. These tests will be repeated periodically in order to assure your metabolism is returning to its normal balance. Hormone blood tests will be repeated every 1-2 months at the beginning of treatment. Other tests will be repeated every 6-18 months depending on the circumstances.

We can order these tests at your first visit, or your primary doctor can order them and you can bring the written result reports to your first visit at COREhealth. Some of the tests are standard; some are not. Due to accuracy issues, we accept certain tests only if they are done by a specific laboratory (indicated below after the appropriate test).

All test reports you provide must be copies of the original lab work (including normal range values) or x-ray reports (Radiologist's report). Notes from your doctor which only say tests are "Normal" or "Abnormal" are not acceptable. If we request medical records, please ask your doctors to send copies only of specific results that we request rather than copies of the entire medical record. Our fee to review, study, and organize those additional unrequested records is \$200.

Fees for the tests (if ordered through our office) are indicated after each test and are subject to change without notice as lab costs increase. For your information, if you choose to have the lab bill you or your insurance company, the fee will be much higher.

All lab fees are subject to change without notice.

Please read this paragraph carefully. We have no relationship with insurance companies. We do not fill out their forms or respond to their telephone calls or letters. It is your responsibility to decide if you want to pay COREhealth for blood tests or to ask the lab to file for reimbursement from your insurance company. You must make this decision at the time of your consultation with us. Your co-pay may be higher than the relatively low fees we negotiated with LabCorp. We cannot reverse your decision to pay us or file with insurance. To help you decide if it will be less expensive for you to pay us for the tests, next to each lab test below is the CPT code your insurance company may want from you in order to decide if they will cover the test. They may also want a diagnosis code. The diagnosis code for Menopause Syndrome is 627.2; Metabolic Disorder is 277.9. There are thousands of diagnosis codes which you can find at the following link. Please do not ask us to do this for you or for your insurance company: <http://icd9cm.chrisendres.com/index.php?action=alpha>.

Blood Tests

- ~ Fasting Serum Insulin, \$29, CPT 83525
- ~ Hemoglobin A1c, \$29, CPT 83036
- ~ Basic metabolic chemistry panel, \$22 (CPT 80053, 82248, 83615, 84100, 84550, 82248)
- ~ Thyroid Panel (T4, T3, reverse T3, TPO, anti TBG, \$177 (CPT 84443 (\$29), 84481 (\$26), 84439 (\$26), 84482 (\$26), 86376 (\$26), 86800 (\$26)
- ~ Fasting Lipid profile, \$22, CPT 80061; prefer VAP Lipid Profile, \$145 CPT 83716, 84478
- ~ 25-hydroxy Vitamin D \$62, CPT 82306
- Lab Blood Draw Fee, \$18, CPT 36415

For Women Only:

- ~ HIGH SENSITIVITY Estradiol (LabCorp only), \$67 CPT 82670
- ~ FSH, \$36, CPT 83001
- ~ Progesterone, \$43, CPT 84144

For Men Only:

- ~ LH (LabCorp only), \$36, CPT 83002
- ~ DHEA-S (LabCorp only), \$43, CPT 82627
- ~ Sex Hormone Binding Globulin (LabCorp only), \$50, CPT 84270
- ~ Free and Total Testosterone (LabCorp only), \$100, CPT 84402(\$64), 84403(\$36)
- ~ PSA, \$36, CPT 84153
- ~ HIGH SENSITIVITY Estradiol (LabCorp only), \$67, CPT 82670
- ~ CBC, \$19, CPT 85025

Saliva Tests

- ~ Adrenal Stress Index (Diagnos-Techs Lab, Tukwila, WA), \$166 CPT AM Cortisol 82530 (\$20), PM Cortisol 82530-91 (\$20), Free Cortisol 82530-91 (\$20), DHEA 82626 (\$20), Secretory IgA 83883 (\$14), Gluten 83519 (\$14), 17PH 83498 (\$18), Insulin-fasting 83525 (\$20), Insulin-Post 83525-91 (\$20)

Imaging Tests (Women Only)

Fees vary depending on the facility (ask around and ask about discounts for cash)

- ~ DEXA bone density (within past year)
- ~ Mammogram (within past year)
- ~ PAP smear (within past year)
- ~ Transvaginal Uterine Ultrasound to measure uterine lining and rule out uterine or ovary pathology (within past six months); transvaginal exam only unless there is medical reason to do full pelvic ultrasound.

Physical Exam Report

Photocopy of your doctor's physical examination notes only:

- ~ For Women: Breast and Pelvic Exam
- ~ For Men: Genital and Prostate Exam