



Skin • Self • Renewal

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Dear Anti-Aging Patient,

We want to congratulate you on making the decision to invest in yourself to feel and look your best! Bioidentical hormone replacement therapy (BHRT) is the main pillar of anti-aging medicine. Combined with good nutrition, medical grade supplements, exercise and stress reduction, you can live the healthiest life possible.

To make your BHRT therapy as smooth as possible, here is a list of the most frequently asked questions. We ask that you read it and keep it handy as a reference.

Thank you for choosing Dr. Gavin and Azani Medical Spa for your wellness and aesthetic needs!

### **I WOULD LIKE TO KNOW MORE ABOUT DR. GAVIN'S EDUCATION CREDENTIALS AND WHERE SHE ATTENDED MEDICAL SCHOOL?**

#### American Academy of Anti Aging Medicine

*2004 Diplomate, Anti Aging Medicine*

Anti Aging and Regenerative medicine, medical wellness, preventive medicine, genetic testing, genomics, nutraceuticals, adult peripheral stem cell collection, storage and treatment, nutrition, exercise, bio identical hormone replacement, toxins testing and treatment.

#### DeSales University

*2004 MBA, Health Care*

#### University of California, Irvine

*1991-1994 Residency*

#### Wayne State University School of Medicine

*1987-1991 MD*

#### California State University-Long Beach

*1983-1987 Bachelor of Science, Biology, Biochemistry*

### **CAN I DO SOMETHING BEFORE THE CONSULTATION?**

YES! The best patient is an informed patient. Anti-aging medicine is a partnership between the patient and the physician. Bring your filled out medical questionnaire and self test with you to your appointment. We strongly

recommend that you read the book Ageless or Breakthrough by Suzanne Somers, ideally before your consultation. This way you will be better prepared to ask your questions about BHRT.

### **HOW MUCH DOES THE CONSULTATION COST?**

The first year you will need a minimum of 4 consultations. New patient visit is \$195, subsequent visit is \$175. After the first year, you will need a minimum of 2 consultations per year. Some patients may need to be seen more frequently if having issues with BHRT. The cost for a saliva test includes \$200.00.

### **DOES INSURANCE PAY FOR THE CONSULTATION?**

Dr. Gavin does not participate in any insurance plans and you are responsible for paying for the consultation at the time of the visit. The patient can submit to their insurance to see if it is covered. At the time of the visit we can give you the filled out health insurance claim form to send to your insurance company. Because we are out of network, we are unable to help you secure payment beyond providing the filled out form. You need to call your insurance company to get the details on how to submit the form. It is impossible to know if they will cover the visit. Medicare does not reimburse since BHRT is not considered a required medical treatment.

### **WHAT ARE THE PROCEDURE AND DIAGNOSIS CODES THAT I USE FOR INSURANCE REIMBURSEMENT?**

For the initial consultation: use office visit CPT code: 99203 with diagnosis code: 259.9 and 780.79

For subsequent consultations: use office visit CPT code: 99402 with diagnosis code: 259.9, 780.79, v67 and v77.9

### **CAN I USE MY FLEXIBLE SPENDING ACCOUNT?**

Flex accounts have complicated rules. Most likely you will be able to get reimbursement from your flex account since the consultation is a medical visit with a licensed physician. We will provide you with a form that you can submit for reimbursement.

### **HOW ABOUT BLOOD WORK?**

Dr. Gavin provides you with a prescription for blood work. You are free to take this prescription to any lab you chose. Call your insurance company before getting it done to see what lab you are required to go to for coverage. It is impossible to know if the blood work is covered because each insurance plan is different. In our experience most insurances do cover it, BUT again check with your insurance company. If you have any questions about any lab billed services, please follow up with your insurance company. For women, please get the blood drawn during the days you are taking your progesterone hormone supplement or about day 20 of your menstrual cycle.

### **WHAT ARE THE SPECIFIC BLOOD TESTS THAT I WILL HAVE TO OBTAIN FOR BHRT?**

- Total testosterone
- Total estrogen
- Progesterone
- Albumin
- Sex Hormone Binding Globulin
- Free T3
- TSH
- Sulfated DHEA
- Pregnenolone
- Vit D3
- Cortisol
- Fibrinogen
- High Sensitivity CRP

\*The list above includes the absolute minimum labs.

### **WHERE DO I GET MY BHRT PRESCRIPTION FILLED?**

Only compounding pharmacies can custom blend your prescription. If you chose to have your prescription filled at a pharmacy that we do not recommend, we will be unable to help your pharmacist fill the prescription since we can NOT teach them over the phone how to compound the hormones. The pharmacies we recommend have extensive experience with BHRT. If you have any questions about your BHRT prescription speak with your pharmacist first. They can guide you on how to take it, where to apply the cream, etc.

### **HOW MUCH DOES THE BHRT PRESCRIPTION COST?**

Most prescriptions range from \$60 to \$100 per month depending on what hormones you need replaced and at what dosage.

### **WHAT CAN I EXPECT WITH BHRT?**

BHRT is not “magic”. As we age, all of our hormones decline. The goal is to replace vanishing hormones to a more youthful level. Some patients do experience the “magic” while others do not feel any change. Even for those patients, it is important to keep in mind that we are trying to stop the aging clock. We will discuss how BHRT is affecting you at your follow up visit. BHRT does not cause common symptoms like headaches, constipation, etc. If you experience any of these common symptoms see your primary care physician, since it is very unlikely it is related to BHRT.

### **WHAT IS THE BEST WAY TO CONTACT THE OFFICE?**

We highly encourage our patients to contact us via email: [e-mail us by clicking here](#). This creates a record of your inquiry and it can be routed to the appropriate person depending on the nature of the inquiry. Thankfully, there are no medical emergencies with BHRT. The patient can expect an answer within 2 business days.

### **HOW ABOUT FOLLOW UP AND REFILLS?**

Dr. Gavin will provide you with everything you need during the consultation. We ask that you keep a folder with all important paperwork such as prescriptions, lab orders, etc. This way you will ensure that everything is done on time and that you don't run out of medication. In your folder, keep copies of blood work and test ordered by your primary care physician, gynecologist or specialist such as mammograms, cholesterol, etc.

### **WHAT HAPPENS IF I LOSE A PRESCRIPTION FOR LAB WORK OR FOR THE PHARMACY?**

At every consultation you will be given everything you need. If you lose any papers given to you, there is a \$15 replacement fee payable at the time of the request.

### **I RUN OUT OF PRESCRIPTION, WHAT HAPPENS?**

If you forget to timely go to the lab for f/u blood work, or call for a consultation appt at the last minute and run out of BHRT, then you will run out. We do not authorize refills. It is very important that Dr. Gavin have all the information she needs to include lab results and current symptoms to continue your BHRT therapy. There are no risks when running out of BHRT.

### **FOR WOMEN: DO I NEED ANNUAL MAMMOGRAMS AND PAP SMEARS?**

Yes. We ask that you obtain a copy of your yearly mammogram and pap smear results from your gynecologist or primary care physician and mail them to us on an annual basis. We do not recommend mammograms due to the risk of recurrent radiation. We recommend yearly breast thermography. If interested, please download our free report on breast thermography from our website at <http://www.pennsylvaniabioidenticaldoctor.com/>

### **FOR MEN: DO I NEED ANNUAL PSA TEST AND PROSTATE EXAMS?**

Yes. Have an annual physical with your primary care doctor, to include a prostate exam

## **FOR MEN: HOW TO ADMINISTER TESTOSTERONE INJECTIONS?**

The pharmacy will provide you with the needles and syringes you need for your weekly testosterone injection. The patient can self inject into the muscle of the upper thigh or upper arm. The whole length of the needle needs to go into the tissue to prevent superficial injections which can cause problems. Speak with your pharmacist about injecting instructions.