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To our NEW Pasadena Pellet Therapy (female) Patient:

To start treatment with **Bio-identical Hormone Pellets** for Menopause or Peri-menopause, there are several tests needed to assess your health, your risks and your dose of hormones in the pellets.

**If you are a new patient to us, we cannot order any medical tests or imaging.** The first step is to have a consult with us so we can review your health survey and symptoms and determine if you are a candidate for Bioidentical Pellet therapy. If you are, we will then ask for the following:

1. Have your blood drawn for hormonal levels—fasting for 12 hours prior. This means in the morning, drink water only and do not eat any food before the blood draw. The lab charges will be billed to your insurance. Labs can be done in our office (we have Primex Labs) or at Quest Labs (we have included a list of local Quest Lab locations).
2. **You need to have an up-to-date mammogram.** If you have not had one in the past year, please make an appointment. Call Randall Breast Center at (626) 793-6141.
3. **You need to have a pelvic ultrasound.** If you have not had one in the past year, please schedule one through Fair Oaks Women's Health. This will be billed to your insurance. You can have your ultrasound done the same day as your pellet insertion, but you need to make the appointments in advance. Call (626) 304-2626.
4. **You need to have an up-to-date pap smear.** If this is not current, you can schedule one through Fair Oaks Women's Health (626) 304-2626.

### **Bio-identical Hormone therapy - Policies**

**Pasadena Pellet Therapy operates on a cash basis, so payment is expected at the time of service.** Pasadena Pellet Therapy is a separate medical practice from Fair Oaks Women's Health and we cannot bill a pellet insertion procedure through Fair Oaks Women's Health. We will bill consultation, labs, and ultrasounds with Fair Oaks Women's Health for you if you have private (non-HMO) insurance.

Pasadena Pellet Therapy has no contracts with any insurance companies. You are expected to pay in full at the time of service for pellet insertion. We can provide you with forms to send to your insurance company. If your insurance company approves this service, they will send you the payment directly. We cannot send letters of necessity or call the insurance to request payment, so please do not ask the staff to do this for you. It is your responsibility to deal with your insurance company. You may pay with cash, check, or credit card.

## **Let's Talk about the Cost**

If you are discouraged by the cost of this therapy, consider this: You will no longer have to pay for multiple medicines that have \$20 \$100 dollar co-pays every month. You will be able to stop buying many non-prescription treatments. If you add up the cost of your current medicines, time at the pharmacy, and costs saved on no-longer needed alternative therapies for menopause and sexual dysfunction, you will save money and will also improve the quality of your life.

Other Bio-identical Hormone Therapy is inferior to Pellet Therapy, is not generally covered by insurance and can cost \$100 to \$200 a month or more! That is a higher cost than pellet therapy, is not as effective and has more side effects and less convenience.

The average fee for our pellets and pellet insertion runs \$400 to \$600 every 3-4 months. If you require pellets inserted every 4 months, your total cost will be an average of \$1,200 to \$1,800 per year which is about \$100 to \$150 per month.

If you use routinely prescribed HRT, you probably have one or two co-pays per month for medications, at \$20 to \$60 per co-pay, or \$40 to \$120 per month with insurance. In the worst-case scenario, you would be paying over \$1,200 per year for traditional therapy with just co-pays. If your insurance does NOT pay for bio-identical hormones, then the cost for bio-identical hormones can be twice the cost of pellets or more.

## **Benefits of Using Bio-identical Pellet Therapy**

**Increased Productivity:** If you are a person who has her own business or is paid only when you work, I can tell you that you will increase your productivity so much that *you will cover the yearly cost of Pellet Therapy in a few months*. If you are not self-employed you will still have more free time and increase your productivity once you begin pellet treatments!

**Decreased need for Medical Care from other specialists:** If you experience fibromyalgia, migraines, memory loss, sleep problems, low energy, dysfunctional immune system, or other health problems that increase with age, pellet therapy can help you! You will save the money that you now spend on medications and doctor visits for those conditions, because you will feel better and be healthier.

**Keep your Marriage Healthy:** With loss of libido and fatigue, we become depressed and impatient, lose interest in our partners and place our relationships at risk! Pellet therapy can restore your libido and your energy! Loss of libido in women past 40 is known to be a contributing factor in divorce, and the emotional and psychological cost of this is enormous! Marriage counseling is rarely covered by insurance and lawyers are very expensive. When we feel well and have our sex drive back, our relationships get much better. You cannot measure the cost savings of keeping your marriage healthy.

The real message here is that when you consider ALL the Benefits of Pellet Therapy -- improved energy, better sleep, mental clarity, restored libido – the price you pay is worth it! You owe it to yourself to try out this unique and effective approach to hormone therapy. Improved health and a restored sense of wellbeing is (to use a cliché) - PRICELESS!

Sincerely,  
Jennifer Y. Park, MD, FACOG