

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 the proper dose of hormones to be administered via pellets.

If you're a new patient to us, we can't order any medical tests or imaging. First, you'll need a consult with us so we can review your medical history and symptoms and determine if you're a candidate for Bioidentical hormone pellet therapy. If you are, we'll need the following:

1. **Have your blood drawn for hormone levels.** Please fast for 12 hours prior. This means in the morning, drink water only and don't 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 an on-site lab) or at Quest Labs (we have included a list of local Quest Lab locations). The lab slip has been provided.
2. **Have an up-to-date mammogram.** If you've not had one in the past 12 months, please make an appointment. Call Randall Breast Center at (626) 793-6141.
3. **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. **Have an up-to-date pap smear.** If your pap isn't current (within the past 12 months), you can schedule one through Fair Oaks Women's Health. Call (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 can't bill a pellet insertion procedure through Fair Oaks Women's Health. If you have private (non-HMO) insurance, then Fair Oaks Women's Health (now an affiliate of Cedars-Sinai) will bill Dr. Park's consultation and ultrasounds. The lab bills separately.

Note also that Pasadena Pellet Therapy, Inc., A Medical Corporation, is not a practice of, nor in any way affiliated with, Cedars-Sinai Medical Care Foundation.

Pasadena Pellet Therapy has no contracts with insurance companies, and you're expected to pay in full at the time of service. We can provide you with a form to send to your insurance company for a claim submission, and if they approve this medical service, they'll send payment directly to you. We don't send letters of necessity or call or bill the insurance provider, this is your responsibility. We accept cash, check, or credit card.

Let's Talk about the Cost

If you are discouraged by the cost of this therapy, consider this: You'll likely no longer have to pay for multiple medications that have \$20 to \$100 dollar co-pays every month. You'll be able to stop buying some 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 low energy and sexual dysfunction, you'll likely save money and will improve your quality of life. Compare the potential costs to the potential benefits !

Other forms of Bio-identical hormone therapy (compounded topical skin creams for example) are inferior to pellet therapy, are not covered by insurance and can cost \$100 to \$200 a month or more! That's higher than the cost of pellet therapy, is not as effective, and has more side effects and less convenience.

There are many hormone pellet clinics to chose from. Ours is operated by a Board-Certified Ob/Gyn physician. Many other hormone and pellet clinics are run by non-Gyn doctors, Nurse Practitioners, or Physician Assistants. When it comes to understanding the risks, side effects, benefits and proper dosing of female hormones, you need the skills and knowledge of a Board-Certified Gynecologist.

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'd pay over \$1,200 per year for traditional therapy with just co-pays. If your insurance does NOT pay for the prescription 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