

Patient Expectations and Instructions while Using BIO- Identical Hormone Replacement Therapy

- BIO-IDENTICAL Hormones that are usually covered by insurance:
 - Estradiol patch applied to lower abdomen skin
 - Estradiol gel like Divigel packets, estrogel tube,
 - Estradiol vaginal ring lasting 3 months,
 - Estradiol vaginal insert Yuvaferm or Estradiol 1% vaginal cream
 - Estradiol oral tablets (not recommended due to liver passage and increased clotting risk)
 - DHEA synthetic IntraRosa for vaginal use
 - Micronized Progesterone derived from peanut oil – 100 mg OR 200 mg
- Managing FDA approved synthetic prescriptions will be billable to your insurance and subject to your current insurance copay, deductible etc
- NO HORMONE prescription refills are allowed based on a phone call request – you will need a consult before any hormone refills approved – TELEHEALTH visits are billed at current insurance rates and subject to copay.
- A phone consult of \$45 for 10 min to review reason for medication and max 90 days refill is available to our cash and compounded Bio identical wellness clients.

- BIO-IDENTICAL compounded Hormones are NOT FDA-approved and NOT covered by insurance. Discussing and Managing compounded hormones is not billable to the insurance – you will be responsible to the consultation and cost of hormones out of pocket at current office cost and pharmacy cost.
- BIO- IDENTICAL Hormone that ARE NOT COVERED by insurance:
 - Estradiol compounded cream for use on skin or intimate mucosa
 - Estradiol compounded vaginal cream
 - Estradiol compounded oral drops – not preferred
 - Estriol/DHEA compounded vaginal cream or DHEA compounded creams
 - Estradiol pellet insertions
 - Testosterone compounded cream for use in skin or intimate mucosa
 - Testosterone compounded oral drops – not preferred
 - Testosterone pellet insertions
 - Progesterone compounded 50-250 mg as decided by your provider

- Your initial consultation will be aprox 45 minutes; please plan to pay compounded BHRT Wellness (BW) START consult (cost is \$500) during Check-In.
- If you have NOT had an HRT consult with one of our providers within the past 12 months, you will be considered lost for follow up - the START consult fee of \$500 will apply.
- If you are an Established BW Patient, and have been seen by the doctor within the past 12 months, your follow up consult will cost \$275, every time you need your prescription adjusted or require a medication refill.
- Hormone prescriptions like Estrogen and Testosterone will NOT be approved without a consult.
- Progesterone is required to balance Estrogen and a 90 days refill can be approved if requested.
- At the time of your consult, you will be provided with the hormone medication prescription of your choice, and refills to last until your next consult - depending on your needs it could be 3 or 6 months.
- If you cancel or reschedule your follow-up appointment and run out of medication(s), we will only refill 1-month supply, after you schedule a hormone management follow-up appointment. The cost for the consult will be collected at the time of booking if you missed, canceled or rescheduled your appointment and have run out of hormones.
- Bioidentical compounded hormone medications are NOT COVERED by your insurance company. You will be responsible for paying the compounding pharmacy directly.
- If you choose to change from an insurance covered medication to a compounded product(s) - estrogen, testosterone, progesterone, or DHEA cream or wish to start pellet therapy, you will be making payment directly to our office for provider consult or the compounding pharmacy.
- If you DO NOT see one of our providers for your wellness needs you MUST have the following up-to-date (within the past 12 months) in your chart:
 - 1.Normal Annual PAP results
 - 2.Normal Breast Exam, and Imaging: Mammogram, Ultrasound or Thermogram Report
 - 3.Pelvic Ultrasound documenting endometrial stripe thickness
 - 4.Annual General Health Labs: CBC, CMP, Lipid Panel, Vit D, B12, Thyroid TSH, Free T3, Free T4
- Please plan to do all your tests 2-4 weeks prior to your consult, so enough time will be allowed to receive the reports for review by the doctor during your appointment.

We thank you for your trust and cooperation – We have your safety at the forefront of these guidelines. For any further questions please call our office 805-379-9110 or ask your provider during your consults.