



## **HORMONE RESTORATIVE THERAPY**

ESTROGEN (females) & TESTOSTERONE (males): *Office Policies*

Office visits: Please schedule your next follow-up visit at the time that you check out. This allows proper entry into the system so that if you need to reschedule, the staff will know exactly how long your appointment will be and its purpose. Please ask your provider for a lab request for any tests that may be needed for your next visit before you leave the office.

Prescriptions: Hormone therapy prescriptions will be written to provide you with enough refills until your next scheduled office visit. If you are unable to come to your scheduled visit due to unforeseen circumstances, a one month refill may be issued (if deemed medically appropriate) to allow you to re-schedule the missed appointment. If this re-scheduled visit is missed, we will be unable to issue any further refills until you are seen in the office.

You may call the office (312) 544-0200 or email [info@vmed.com](mailto:info@vmed.com) for prescription requests. Please allow 72 hours for refills. These calls/emails are handled only during business hours.

Laboratory testing: Some labs offer a physician's discount for testing which we will extend to any of our patients. If you are paying out-of-pocket or have a high deductible on your insurance plan, please ask the front desk at checkout regarding obtaining discounted labs.

### ***MALE patients on Testosterone***

Testosterone, PSA, Estradiol and CBC levels are monitored every 6 months (or sooner if medically necessary) Please check with your insurance if they will cover the cost of these tests since some insurance plans may only cover PSA levels once a year. If you have no insurance coverage for this test or if you have a high deductible, we can extend the physician's discount to you. Please check with our front desk for current prices.

### ***FEMALE patients on Estradiol***

Estradiol, Estrone, Progesterone levels are monitored every 6 months (or sooner if medically necessary) Please check with your insurance if they will cover the cost of these tests since some insurance plans may only cover them once a year. If you have no insurance coverage for this test or if you have a high deductible, we can extend the physician's discount to you. Please check with our front desk for current prices.

Physical Exams: Annual physical exams with prostate/rectal exam (males) or with GYN exam (females) are required in our office if we are prescribing your hormones even if you have had an exam done with your primary care physician. This is done for your safety and in compliance with standards set by medical boards.

**I have read and understood the above information.**

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***Patient Name***

***Patient Signature***

***Date***