

Metabolic Program Lab Testing Options

Metabolic Reset Program Lab testing options

Thank you for participating in the Bloom Natural Health's Metabolic Reset Program

Laboratory testing is recommended pre and post program along with your measurements to see how you have benefited with these changes in a short time.

Laboratory testing is not a requirement for participation and the cost of testing is not included in the program fee.

There are 3 options for lab testing

Current Bloom patients may use any of the 3 options.

Participants who are not patients at Bloom may use Option 2 or 3.

1. Bloom orders the labs (This option is for current Bloom patients only)

- you can use prior labs with us as your pretest if they are within 3 months. Then we would order the post-testing.
- If your past labs are more than 3 months old, and you have been seen by your Bloom doctor in the past year we will order your pre- and post-labs
- Insurance can be billed using this option

If you have not been seen by your Bloom doctor in the past year and wish to use this option you must have a short follow up with your Bloom doctor before June 5. We will do our best to accommodate this visit but cannot guarantee availability

2. You ask your PCP to order the labs.

- We have created a program summary and a requested lab order which will be sent to your PCP.
- You should contact your PCP to request they order this testing.
- Insurance can be billed using this option

3. Cash Pay option.

- You pay a discounted cash price for Quest labs.
- You pay Bloom directly and Bloom orders your testing. Quest bills Bloom for the testing.
- No insurance billing with this option.
- The cost of each set of labs for the cash pay option is \$104.42 (note this is a special discounted price)



Please note:

- Quest Diagnostics requires appointments for all lab testing.
• Please make your lab appointment as soon as possible.
• The deadline to get to the initial labs drawn is 6/12/2023.
• Labs should be fasting. Drink water only after 10 pm the night before. Stop all supplements two days before.
• Please complete and return this form as soon as possible so that we know your lab testing option choice.
• For the insurance billing options, since Quest Diagnostics is in network with all the insurance payers in the state, if any of the Cardio IQ tests are considered non-covered or experimental per the insurance explanation of benefits, Quest will bundle the denial and balance bill the patient a total of up to \$40.00 for those tests. Deductibles and copays will still apply for covered services.

The following tests are included in the pre- and post-program labs

- Cardio IQ Lipid Panel
Cardio IQ insulin Resistance Panel with Score
Cardio IQ Highly Sensitive CRP
Cardio IQ Hemoglobin A1c
Cardio IQ Apolipoprotein B
Comprehensive Metabolic Panel with FIB4
Platelet count

Action List:

- 1) Select your testing option and sign and submit this form
2) Make your appointment with Quest Diagnostics for a date on or before 6/12/2023
3) Make your appointment with your PCP office if you need them to order the labs asap.

I choose the following option for my lab testing: *

- I am a current Bloom patient and I would like Bloom to order my labs
I will ask my PCP to order the labs
I will use the cash pay option
I plan to participate in the program without lab testing

PATIENT SIGNATURE *
