

Metabolic Health Program Lab Testing Options

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

Laboratory testing is recommended pre and post program, along with your measurements, to see how you have benefited over the course of the program.

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, we order the 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 visit with your Bloom doctor before February 10. We will do our best to accommodate this visit but can't 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 cash for pre and post-test labs through Quest Client billing.
 - Bloom would order the labs.
 - You pay Bloom directly. 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 \$120.59. (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 2/27/2023.
- Labs should be fasting. Drink water only after 10 pm the night 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	
Total Cost	\$120.59