

HOW TO GET BLOOD WORK DONE RIGHT?

Getting your blood work done right is essential for achieving the best results for your healthcare throughout the year. The old days of getting annual labs and a 10 minute visit with the doctor are over since functional medicine has come around. We test 2-4 times per year to ensure your treatment plan is working and goals are being met.

3 STEPS TO GETTING GREAT RESULTS

1. **IDENTIFY AREAS OF OPPORTUNITIES IMPROVE YOUR HEALTH.**
2. **MAKE NO MORE THAN A FEW SIMPLE, SMALL CHANGES AT A TIME.**
3. **TRACK YOUR RESULTS - "IF IT DOESN'T GET MEASURED, IT DOESN'T GET DONE."**

WHAT TIME DO I NEED TO GET MY BLOOD DRAWN?

Going first thing in the morning between **8-9 AM** is typically recommended to deliver the best results. Cortisol and fasting insulin, specifically *must* be done in this time window or the lab will cancel the test.

FASTING

When measuring for hormones, blood sugar, cholesterol, liver and kidney function, food and beverages can lead to inaccurate results.

DINNER: Please eat a simple dinner: protein and vegetables no later than 12 hours before blood draw. Avoid late night snacks and beverages.

NO ALCOHOL entirely the day before a blood test.

MEDICATIONS: Take your medications as prescribed unless directed otherwise.

SUPPLEMENTS: Do not take any supplements before your blood test.

*BIOTIN (B7)- Hormone testing will be skewed if you take this vitamin. Biotin is usually found in multivitamins, hair, skin, and nail formulas. Skip for a few days before you get your blood tested, then resume your regular protocol as directed by your healthcare provider.

NO EXERCISE - Please avoid exercise prior to your blood test. False elevations will occur if you do the blood draw right after any exercise.

IS IT COVERED BY MY INSURANCE?

For the average person NOT ON MEDICARE, commercial health insurance will cover basic labs. Give your insurance information to the lab when you get there.

We do not contract with Medicare so they *will not* cover even the simplest of labs!

IT IS YOUR RESPONSIBILITY TO KNOW HOW YOUR PLAN WORKS:

There are some people who have different policy types where the deductible must be met before anything will be covered. We are happy to assist you in getting clarity before we get started.

CASH PAY OPTION

For those who will not meet their deductible or who decide to use cash pay instead, we have a discounted bundle of comprehensive screening labs for less than \$300 that saves *immensely* compared to the cash cost of standard labs (\$1800-\$2000).

You will receive an email to pay from **ULTA LAB TESTS** before your blood draw.

HOW DO WE TEST HORMONE LEVELS EFFECTIVELY?

TESTOSTERONE REPLACEMENT THERAPY (TRT)

Men taking testosterone must measure blood levels more regularly than average.

Increased Red Blood Cells (Polycythemia) is a known effect of testosterone.

Reducing excess RBCs significantly decreases risk of complications!

CONSISTENCY IS KEY

FOR TRT INJECTIONS: Ensure your blood draw is always at the HALFWAY point between injections.

Example #1 - Once weekly injections: inject TRT on Sunday, draw on Wednesday.

Example #2 - Twice a week injection: inject TRT on Monday and Thursday, draw on Tuesday or Friday.

PSA - when measuring prostate specific antigen (PSA), avoid strenuous activity to the pelvic region. This includes biking, motorcycles, and any ejaculation for 48 hours before the blood test to avoid falsely elevated numbers!

FEMALE CYCLE TESTING

For women who are cycling regularly, **DAYS 19-21** is the optimal window in which your hormones are their highest; conversely right after your period, hormones are at their lowest.

If you are irregular, have IUD, ablation, hysterectomy, or post-menopausal, then disregard.

**IF YOU HAVE ANY QUESTIONS, WE ARE A CALL OR EMAIL AWAY
480.361.4005 OR BEHEALTHY@MYSOURCEOFHEALTH.COM**

PRESCRIPTIONS

STANDARD PRESCRIPTIONS

Retail pharmacies such as CVS, Walgreens, Costco or supermarkets receive all prescriptions through our electronic prescription system. Once they receive it, they will call or text you when your order is ready.

REFILLS

If you have a refill on your prescription, please contact the pharmacy **first** to initiate the refill. Most patients prefer to do a 90 day supply with 1 refill to avoid monthly trips to the pharmacy.

CASH PAY OPTION

If you are paying cash for your prescriptions instead of insurance copays, please make sure to give them the **GoodRx** code before checkout to avoid paying too much for these prescriptions.

Most of your new prescriptions will be prescribed with refills on them. Please contact your pharmacy to order the refill directly vs calling or messaging our office. If you are too soon or too late with your request, the pharmacy will likely deny your request. If that happens, please contact us and we can do our best to ensure you do not run out.

COMPOUNDING PHARMACY

We have many pharmacies both in and out of the state that compound hormones and peptides for our patients.

The pharmacies will reach out to you before they begin to make your personalized formulations. Many of these are not covered by insurance and prices are independent of any fees part of your treatment program here at Source of Health.

Always take your prescriptions and supplements as prescribed by your healthcare provider.

SUPPLEMENTS

Our physicians typically prescribe vitamins and other supplements to aid in the maintenance of health and/or to treat specific conditions you may be working on.

Our Quality Assurance Promise:

The supplements we prescribe are of the highest quality and are proven to deliver results. Supplements are mostly gluten, dairy, soy, corn, egg, and sugar free. Raw ingredients are tested for heavy metals, solvents, pesticides, and radiation before formulation begins. This means some products go out of stock until a new batch can be created.

Since there are a plethora of online and store bought brands, it is impossible to recommend or evaluate them sight unseen. Always work with your provider if you have any questions regarding why you are prescribed anything.

REGENFX

YOUR PERSONALIZED PRESCRIPTION SOLUTION TO SUPPLEMENTS

The key to optimizing health is addressing nutritional deficiencies and aiding in metabolism. Your custom formulation is created the day of your visit and can be changed each month based on your lab results.

The price of your pack is based solely on the pills that are in the pack.

Shipping or handling fee is waived when you are on monthly recurring orders.

Your packs are scheduled on a recurring 30 day supply based on the date we initially create your formulation. Once your credit card is charged, this will initiate the order. Your delivery date is typically 5-7 days after the day of processing.

Any changes that we make to your prescription formulation will be applied to the next months order. Please note that powders are not able to be included in the packs and some supplements are not able to be included in the packs.

Occasionally some ingredients go out of stock temporarily due to quality control standards from the manufacturer. This step can be a hassle but we seek to ensure that the supplements you are taking meet the specifications in a high-quality supplement. Many store bought brands do not go through this level of control and can be tainted, rancid, or less potent than what is on the label.

If you are inconsistent with taking your supplements, you may end up with an extra box or two. Adjusting your auto-ship date is easy to do, but must be done by phone or email before the next processing date.