

League City Chiropractic and Sports Medicine Nutrition Policy

Nutrition consults are typically performed when the patient is not responding to traditional conservative care or has a desire to elevate their health to a new level. Dr. Heintz is a firm believer that nutrition decisions should be made on individual lab test results not fads or generalities. The typical process is to begin with a history and set goals. Once we get objective data recommendations can be made for diet and supplement changes. The long term goal is to use diet, not supplements, to achieve your health goals. That said, we often need supplements to correct deficiencies before diet alone will be effective.

Because nutrition consults and exams are typically not covered by major medical insurance, the following is a list of services provided by Dr. Heintz. At this time, Dr. Sansalone has chosen not to take on any nutrition patients. Nutrition consults will be billed in addition to chiropractic visits and supplements on the date of your consultation.

Initial Consult - \$85 (price includes ONE follow up appointment or phone call)

On this visit we gather history and decide the best testing strategy to achieve your nutrition goals. This appointment requires paperwork above and beyond our typical new patient forms. Please bring copies of all labs reports from the previous year to this appointment. Once a testing strategy has been decided, labs will be ordered that same day. Options for testing and prices include:

- 1) Basic Labs ordered through Quest or Lab Corps and billed by the lab to you and your health insurance. Typically we are looking to rule out anemia, inflammation, and check on the function of your organs. Results are usually available in 2-3 business days.
- 2) Spectracell Labs (results available in 2-3 weeks)
 - a. Cardiometabolic panel looks at cardiovascular health, inflammation and sugar metabolism
 - i. \$60 up front copay to Spectracell Labs for all insurance companies
 - b. MNT looks at your individual functional vitamin and nutrient status
 - i. \$125 up front co pay for Aetna and United
 - ii. \$190 up front co pay to BC/BS that includes an MTHFR
 - c. MTHFR looks for your genetic ability to activate Folate
 - i. \$40 up front co pay for all insurances
 - ii. Included with BC/BS MNT test
 - d. Thyroid panel to include antibodies
 - i. \$40 up front co pay for all insurances
- 3) Access Labs Salivary adrenal panel (results available in 1-2 weeks)
 - a. Salivary Adrenal Panel looks at many hormones and your cortisol level four times during the day. Must be performed 18-21 days after first day of menses for women who still cycle. This test can be performed at any time for men and women who don't cycle.
 - i. \$178 paid to League City Chiropractic Clinic. Insurance cannot be filed for this test.



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The patient will be notified once ALL ordered labs have been received. In order to make the best recommendations, Dr. Heintz will only make nutrition, supplement and diet recommendations once he receives ALL labs that have been ordered.

Follow up appointments - \$50 (ONE follow up appointment OR phone call included with initial exam)

These appointments are for the review of your initial or follow up lab reports. We may also make follow up nutrition appointments to monitor your progress with a recommended plan. These appointments will be scheduled after ALL ordered lab reports have been received and Dr. Heintz has had a chance to review them and write up your recommendations. That could take 2-3 weeks AFTER you perform/send in the LAST lab. These can be done in the office or via phone. At this appointment, Dr. Heintz will review your test results and make specific recommendations based on your lab profiles.

Nutrition Questionnaire

- 1) What are your top three health concerns?
 - a. _____
 - b. _____
 - c. _____
- 2) What are your top three health/fitness/nutrition goals?
 - a. _____
 - b. _____
 - c. _____
- 3) Do you have any upcoming athletic events, vacations or plans that will affect your ability to follow through with recommendations?

- 4) List every prescription medication you have taken in the last six months and what condition it is for:

- 5) List every supplement you are taking and why you are taking it:

- 6) List any previous diagnosis you have been given and the year it was diagnosed. For cancer survivors please include if you underwent chemotherapy, radiation or surgery:



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7) Give the name and phone number of your PCP or the doctor who manages your routine health care:

8) List any provider who has given you nutrition advice in the last 3 years:

9) Is there any other additional information you feel Dr. Heintz should know to better help you achieve your health goals?

By signing below you indicate that you understand and accept the nutrition consultation policy of League City Chiropractic and Sports Medicine.

Name

Date