

Bone Health Program: Packet Checklist

To jump to the top of the waitlist, we must receive every item on this checklist in **one (1) mailed packet to 1517 Addison Street, Berkeley, CA 94703.**

Thank you for your diligence. You make it easy for us to help you!

I, _____, affirm the following are **COPIES ONLY**, since I understand **the office doesn't return records except for CDs** of imaging reports, and I have thoroughly completed and included the following in this packet:

- This checklist: place on top of packet
- Health Questionnaire (10 pages)
- 3-day diet diary (complete at least 3 days in a row)
- DXA Reports* (use DXA request form online – send 4 most recent results)
 - You will be mailing them to us
 - Other DXA Facility will be mailing them to us per your instructions
- Last 3 years of blood work **2015 to Present only**, and all bone-related tests including hormones. **Note: Please send by mail (not email)** a consolidated report that lists all the blood test results, not individual pages for each test result.
We do not need mammograms, colonoscopy and other non-bone related images.
- CDs of pertinent x-rays and ONLY bone-related MRI reports such as fractures. (Please, no film or hardcopies which Dr. Simpson may request later if necessary.)
- Self-addressed, stamped envelope for returning CDs (if any)
- Paying with credit card online or Paying with Check enclosed
- Bone Health Program — Phase I - * \$525 - \$750
(once Phase I is completed then Phase II can be scheduled)

* The cost of Phase I is determined by the volume of lab tests and CDs, and the complexity of the case that will require Dr. Simpson's time to review, analyze, and produce the report. We will notify you of the cost before the appointment.

For Descriptions of Phase I, Phase II, and additional appointments please see below.

Description of Phase I (*\$525 - \$750 as of 2018):

* The cost of Phase I is determined by the volume of lab tests and CDs, and the complexity of the case that will require Dr. Simpson's time to review, analyze, and produce the report. We will notify you of the cost before scheduling your appointment.

Phase I is a comprehensive analysis of your health history. Many factors impact bone health including: hormones, thyroid, parathyroid, digestive system, heart health and much more.

Step 1: Once your information packet is received by the office, we will schedule your Phase I appointment with Dr. Simpson. (See Get Started section below)

Step 2: Dr. Simpson will review, analyze, and prepare the following information **before** the appointment:

- Lab review of lab tests for the past 3 years (and more years if needed)
- Bone density analysis for the past 3 tests (and more if needed)
- Other diagnostic imaging that is relevant: x-rays, MRI, or CT scans
- 10-page questionnaire
- 3-day diet diary with symptoms information
- Prepare a preliminary Report of the assessment of the above history

Step 3: a 45-minute phone appointment with Dr. Simpson to go over:

- Overall bone health foundation is based on bone density reports, bloodwork, and any other bone-related labs from the past 3 years
- Strategies to discuss with healthcare providers
- Possible suggestions for additional tests that may be helpful
- Dr. Simpson will ask additional questions to fill out your history

Step 4: You will receive a final Report via email. This 4-5 page report will include all of Dr. Simpson's notes and suggestions regarding additional testing, if needed, to accurately assess whether you are actively losing bone.

Description of Phase II (*\$525 - \$750 as of 2018):

* The cost of Phase II is determined by the volume of lab tests and CDs, and the complexity of the case that will require Dr. Simpson's time to review, analyze, and produce the report. We will notify you of the cost before the appointment.

Phase II includes a comprehensive report regarding your individual's needs for your bone health and time with Dr. Simpson to go over the report.

Step 1: Before Phase II can be booked, Phase I must be completed.

This appointment is the follow-up to the Phase I Foundations Assessment.

Step 2: In Phase I, if there are additional lab work and/or DXA reports recommended, these will need to be received by Dr. Simpson before Phase II appointment is scheduled.

Step 3: Dr. Simpson will review, analyze, and prepare the following information **before** the appointment:

- Additional lab work and/or DXA reports
- Phase II Lifestyle Recommendations Report, that may include any of the following:
 - Nutrition for bone health
 - Supplementation Suggestion
 - Exercise program that is safe for your situation
 - Report will be sent to you before phone appointment

Step 4: a 60-minute phone or in-person appointment with Dr. Simpson to go over:

- Phase II Lifestyle Recommendations Report
- Strategies to implement the recommendations
- Answer your questions

Step 5: Dr. Simpson will provide you with a final 5-6 page report that will be a reference for implementing changes that will support your bone health.

Will I need additional appointments after Phase II?

Some people do. Example: if you have a digestive problem or other on-going health issues, you may desire additional appointments to specifically focus on them.

When do I need to schedule a follow-up appointment?

Dr. Simpson will include this in your Phase II report. A 30-minute appointment plus lab testing is needed for most people in 2-3 months.

How much are follow-up appointments?

Follow-up 30-minute phone appointment \$195

Follow-up 60-minute phone appointment \$325