

# Watson Wellness

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## Watson Wellness Lab Procedure Information

### GENERAL INFORMATION

#### FOR WOMEN

1. If you are still cycling, and estradiol (form of estrogen) and progesterone are being tested along with testosterone, DHEA-S and cortisol. These should be tested between day 20 and 24 of your cycle depending upon how long your cycle is. For shorter cycles testing earlier is better and for longer cycles- greater than 28 days you can use day 23 or 24. Day one is the first day of menses.
2. If you are currently taking any hormones or supplements, do not take your morning dose the day prior to the test, and instead take it at night, approximately 12 hours prior to the testing (that will occur the next morning). For example, estradiol, progesterone, testosterone, DHEA, vitamin D, B-12, Folic acid, pregnenolone, or any other supplements that would affect items that will be tested, in the form of creams or pills would be delayed and taken before you go to bed the night before the lab test.
3. Hormone patches do not need to be removed.

#### FOR MEN

1. Testosterone is highest in the morning so testing should be done then. For treatment of low testosterone, levels should be repeated at least once.
2. If you are taking Propecia, or any herbs to increase testosterone or prevent conversion testosterone into estrogen do not take your morning dose and take it at night instead 12 hours prior to testing. If you are taking once weekly Arimidex. Take it three days prior to the lab test.

#### ADRENAL TESTING

If your cortisol is being tested, do not eat or have caffeine prior to the test. If you are on Cortef, (hydrocortisone), or adrenal support supplements, do not take this prior to the blood draw.

#### THYROID

If your thyroid levels are being tested, have your blood drawn in the morning and take your thyroid medication or thyroid support supplements after the blood has been drawn.

#### FOR CHOLESTEROL AND GLUCOSE

If your cholesterol, blood sugar (glucose), or chemistry panel is being testing, then you should fast for 8 hours prior to the test. Please be sure to drink plenty of water

#### LAB RESULTS

For most lab results we require follow up either with an office visit or phone appointment

If you have an afternoon appointment, you can make a lab appointment to come back in the morning to have your blood drawn if need be, or we can give you a prescription form or lab slip for you to have your blood drawn at a lab near your home or work, that is within your insurance plan.

*For any other tests please review the instructions with us if you have questions*

#### INSURANCE

1. If you have PPO insurance and you have met any deductible for your plan, or if you are on Medicare, you should let the clinician know, and you can have your specimen sent the LabCorp and they will bill your insurance. We also work with Medical Clinical Lab that will bill BlueCross, Blue Shield, Medicare, and Motion Picture/Screen Actors and Directors Guild.
2. If you do not have insurance or have not met your deductible, you should take advantage of the highly discounted lab rates that we have negotiated with Medical Clinical Labs for patients who are paying upfront. You can always submit you bill to your insurance later for any possible reimbursement, or for credit toward your deductible.
3. For certain specialty tests offered by Genova Diagnostics, they will accept a highly reduced fee for patients that have insurance (regardless of whether you have met your deductible or not). This is called the Pay Assured Program. Excluded from this program are patients that have AETNA, Principal, Humana, or Tuft's insurance. Medicare patients do not have to submit a fee for these tests, and Genova will bill Medicare.
4. We have other specialty tests from other lab companies that require their fee upfront regardless of whether you have insurance. You might be able to submit these fees to your insurance afterward to see if they may reimburse you for any of it.
5. The fee for the clinician visit is completely separate from any lab fees.