



Female New Patient Package

The contents of this package are your first step to restore your vitality.

Please take time to read this carefully and answer all the questions as completely as possible.

Thank you for your interest in BioTE Medical®. In order to determine if you are a candidate for bio-identical testosterone pellets, we need labs and your history forms.

Your blood work panel which we will do at your first visit MUST include the following tests:

- Estradiol
- FSH
- Testosterone Total
- TSH
- T4, Total
- T3, Free
- T.P.O. Thyroid Peroxidase
- CBC
- Complete Metabolic Panel
- Vitamin D, 25-Hydroxy (Optional)
- Vitamin B12 (Optional)
- Lipid Panel (Optional) (Must be a fasting blood draw to be accurate)

Female Post Insertion Labs Needed at 4, 6 or 8 Weeks based on your practitioner's choice:

- FSH
- Testosterone Total
- CBC
- Lipid Panel (Optional) (Must be a fasting blood draw to be accurate)
- TSH, T4 Total, Free T3, TPO (Needed only if you've been prescribed thyroid medication)
- Estradiol



Female Patient Questionnaire & History

Name: _____ Today's Date: _____

Date of Birth: _____ Age: _____ Weight: _____ Occupation: _____

Home Address: _____

City/ST/Zip: _____

Cell Phone: _____ Home: _____ Work: _____

Email Address: _____ May we contact you via email? YES NO

In case of emergency contact: _____ Relationship: _____

Emergency contact Cell Phone: _____ Work: _____

Primary Care Physician's Name: _____ Phone: _____

Address/City/ST/Zip: _____

Marital Status (check one): () Married () Divorced () Widow () Living with Partner () Single

In the event we cannot contact you by the means you've provided above, we would like to know if we have permission to speak to your emergency contact listed above about your treatment. YES NO

Social History:

- I am sexually active.
- I want to be sexually active.
- I have completed my family.
- I haven't been able to have an orgasm.

Habits:

- I smoke cigarettes/cigars ___ per day.
- I drink alcoholic beverages ___ per week.
- I use caffeine _____ per day.



Medical History

Any known drug allergies: _____

Have you ever had any issues with anesthesia? **YES NO**

If yes, please explain: _____

Medications Currently Taking: _____

Pharmacy Name and Phone: _____

Current Hormone Replacement Therapy: _____

Past Hormone Replacement Therapy: _____

Nutritional/Vitamin Supplements: _____

Surgeries, list all and when: _____

Last menstrual period (estimate year if unknown): _____

Other Pertinent Information: _____

Preventative Medical Care:

- Medical/Gyn exam in last year
- Mammogram in the last 12 months.
- Bone density in the last 12 months.
- Pelvic ultrasound in the last 12 months.

High Risk Past Medical/Surgical History:

- Breast cancer
- Uterine cancer
- Ovarian cancer
- Hysterectomy with removal of ovaries
- Hysterectomy only
- Oophorectomy removal of ovaries

Birth Control Method:

- Natural Family Planning/FABM
- Birth control pills
- Menopause
- Hysterectomy
- Tubal ligation
- Vasectomy
- Other: _____

Medical Illnesses:

- Polycystic Ovary Syndrome (PCOS)
- High blood pressure
- Heart bypass
- High cholesterol
- Hypertension
- Heart disease
- Stroke and/or heart attack
- Blood clot and/or pulmonary emboli
- Arrhythmia
- Any form of Hepatitis or HIV
- Lupus or other autoimmune disease
- Fibromyalgia
- Trouble passing urine or take Flomax/Avodart
- Chronic liver disease (fatty liver, cirrhosis)
- Diabetes
- Thyroid disease
- Arthritis
- Depression/anxiety
- Psychiatric disorder
- Cancer (type): _____
(year): _____



Female Testosterone and/or Estradiol Pellet Insertion Consent Form

Name: _____ Today's Date: _____
First Middle Last

Bio-identical hormone pellets are hormones, biologically identical to the hormones you make in your own body prior to menopause. Estrogen and testosterone were made in your ovaries and adrenal gland prior to menopause. Bio-identical hormones have the same effects on your body as your own estrogen and testosterone did when you were younger, without the monthly fluctuations (ups and downs) of menstrual cycles.

Bio-identical hormone pellets are plant derived and are FDA monitored, but not approved for female hormonal replacement. The pellet method of hormone replacement has been used in Europe and Canada for many years and by select OB/GYNs in the United States. You will have similar risks as you had prior to menopause, from the effects of estrogen and androgens, given as pellets.

Patients who are pre-menopausal are advised to continue reliable birth control while participating in pellet hormone replacement therapy. Testosterone is category X (will cause birth defects) and cannot be given to pregnant women.

My birth control method is: (please circle)

Abstinence Birth control pill Hysterectomy IUD Menopause Tubal ligation Vasectomy Other

CONSENT FOR TREATMENT: I consent to the insertion of testosterone and/or estradiol pellets in my hip. I have been informed that I may experience any of the complications to this procedure as described below. These side effects are similar to those related to traditional testosterone and/or estrogen replacement. **Surgical risks are the same as for any minor medical procedure and are included in the list of overall risks below:**

Bleeding, bruising, swelling, infection and pain; reaction to local anesthetic and/or preservatives; extrusion of pellets; hyper sexuality (overactive Libido); lack of effect (from lack of absorption); breast tenderness and swelling especially in the first three weeks (estrogen pellets only); increase in hair growth on the face, similar to pre-menopausal patterns; water retention (estrogen only); increased growth of estrogen dependent tumors (endometrial cancer, breast cancer); birth defects in babies exposed to testosterone during their gestation; growth of liver tumors, if already present; change in voice (which is reversible); clitoral enlargement (which is reversible). The estradiol dosage that I may receive can aggravate fibroids or polyps, if they exist, and can cause bleeding. Testosterone therapy may increase one's hemoglobin and hematocrit, or thicken one's blood. This problem can be diagnosed with a blood test. Thus, a complete blood count (Hemoglobin & Hematocrit) should be done at least annually. This condition can be reversed simply by donating blood periodically.

BENEFITS OF TESTOSTERONE PELLETS INCLUDE: Increased libido, energy, and sense of well-being; increased muscle mass and strength and stamina; decreased frequency and severity of migraine headaches; decrease in mood swings, anxiety and irritability; decreased weight; decrease in risk or severity of diabetes; decreased risk of heart disease; decreased risk of Alzheimer's and dementia.

I have read and understand the above. I have been encouraged and have had the opportunity to ask any questions regarding pellet therapy. All of my questions have been answered to my satisfaction. I further acknowledge that there may be risks of testosterone and or estrogen therapy that we do not yet know, at this time, and that the risks and benefits of this treatment have been explained to me and I have been informed that I may experience complications, including one or more of those listed above. I accept these risks and benefits, and I consent to the insertion of hormone pellets under my skin. This consent is ongoing for this and all future pellet insertions.

I understand that payment is due in full at the time of service. I have been advised that most insurance companies do not consider pellet therapy to be a covered benefit and my insurance company may not reimburse me, depending on my coverage. I acknowledge that my provider has no contracts with any insurance company for these services and is not contractually obligated to pre-certify treatment with my insurance company or answer letters of appeal. I also understand that it is my responsibility to submit a claim to my insurance company for possible reimbursement.

Print Name Signature Today's Date



Bio Identical Hormone Replace Pellet Therapy

Fee Schedule/Receipt

| SERVICE - WOMEN | FEE | PAID |
|---|-------------------------------|------|
| New Patient Consultation and Initial Labs | \$ 200.00 \$150.00 | |
| Female Hormone Pellet Insertion Fee | \$ 350.00 | |
| Post Pellet Labs | \$ 75.00 | |
| SERVICE - MEN | FEE | PAID |
| New Patient Consultation and Initial Labs | \$ 200.00 \$150.00 | |
| Male Hormone Pellet Insertion Fee (<2000mg) | \$ 650.00 | |
| Male Hormone Pellet Insertion Fee (>2000mg) | \$ 750.00 | |
| Post Pellet Labs | \$ 90.00 | |

We accept cash, credit and debit cards. Payment due upon visit.

Preventative medicine and bio-identical hormone replacement is a unique practice and is considered a form of alternative medicine. Even though our nurse practitioner is board certified as an Advanced Practice Registered Nurse (APRN), insurance does not recognize it as necessary medicine and therefore is not covered by health insurance, in most cases.

Guiding Star Tampa, a DBA of LifeChoices Women's Care, Inc. is not associated with any insurance companies for this medical procedure, which means insurance companies are not obligated to pay for our services (blood work, consultations, insertions or pellets). We require payment at time of service. This form shows that you paid out of pocket. We will not communicate in any way with insurance companies. This form serves as evidence of your treatment.

We will not call, write, pre-certify, or make any contact with your insurance company for these services. Any follow up letters from your insurance to us will be shredded. If we receive a check from your insurance company, we will not cash it, but instead return it to the sender. Likewise, we will not mail it to you. We will not respond to any letters or calls from your insurance company. For patients who have access to Health Savings Account, you may pay for your treatment with that credit or debit card. This is the best idea for those patients who have an HSA as an option in their medical coverage.

Print Name _____ Signature _____ Today's Date _____