



225 S. Executive Drive, Brookfield, WI 53005
715-600-1722 Phone, 715-972-8152 Fax

Linda Bluestein, M.D.
HypermobilityMD.com

APPOINTMENT PACKAGE OPTIONS AND RATES

Locations

In person appointments are available in Wisconsin (Green Bay) and in Colorado (Arvada and Littleton).

New Patient Options

Select your package carefully to closely match your needs. For example, a Gold Package should only be scheduled for discrete, straightforward concerns. Dr. Bluestein's schedule is very full, and time will NOT be able to be extended during your visit beyond your preselected package. All initial consultations require a pre-selected follow up visit.

Package	Medical Complexity	Initial Visit Length (hours)	Follow Visit Length (minutes)	Price
Gold	Straightforward	1.5	25	\$1175
Platinum	Moderately Complex	2.5	50	\$1600
Diamond	Complex	3.5	90	\$2400

We recommended that your follow up visit be within 7-10 days (and no more than 30 days) of your initial visit. You are required to schedule both visits at the same time.

Times listed above are your face-to-face time with Dr. Bluestein to review outside records and your medical history as well as perform a physical examination. You will receive as much education and initial recommendations for management strategies as time allows.

Times listed above do not include additional time spent by Dr. Bluestein in creating a detailed encounter note and gathering additional information about your case as needed. The Diamond Package involves about 6-9 hours of Dr. Bluestein's time, the Platinum Package about 5-7 and the Gold Package approximately 3-5 hours.

Follow Up Visits for Existing Patients

Carefully select your visit level to match your needs. For example, a 25 minute follow up visit should only be scheduled for a single, discrete concern. Dr. Bluestein's schedule has become very full and will NOT be able to extend the time of your visit.

Dr. Bluestein has formulated a comprehensive program that requires periodic visits (at intervals ranging from one to three months) to achieve the highest level of success. It is your responsibility to schedule these appointments at the recommended intervals. Non-compliance with follow-up may negatively impact your outcome and, per Dr Bluestein's discretion, may lead to discharge from the practice.

Face to Face Duration (minutes)	Price
25	\$325
50	\$475
105	\$900

Visit the website below for other services provided by Dr Bluestein:

<https://www.hypermobilitymd.com/educoaching>

I understand that by requesting an appointment, I am granting permission for my credit card to be charged for the FULL AMOUNT DUE.



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OFFICE POLICIES AND PROCEDURES

INSURANCE:

Hypermobility MD does not currently contract with any insurance provider or accept insurance payments.

Hypermobility MD is a small, highly specialized practice providing comprehensive care to a complex patient population. Office visits are typically between one and three hours in length and the subsequent work post-visit is also time intensive. As such, the insurance model is not designed to accommodate for this type of comprehensive evaluation and treatment. We do not submit medical claims on your behalf; however, we will provide you with a superbill (upon request) that you may submit to your insurance company for possible reimbursement. Reimbursement is not guaranteed and varies greatly depending on your out-of-network coverage.

Dr. Bluestein does not participate in the Medicare or Medicaid programs. If you are a Medicare or Medicaid member and wish to become a patient of the Hypermobility MD, you will be required to sign additional paperwork required by Medicare / Medicaid. This agreement is to ensure that you are aware that no Medicare or Medicaid payment will be made to you or to Hypermobility MD for the services provided by Dr. Bluestein, even if such services are covered by Medicare or Medicaid.

Laboratory, imaging, and other testing as well as medications and therapies ordered by out-of-network providers are covered by most insurance companies, but it is your responsibility to verify whether this is the case for your specific plan.

CARE AGREEMENT:

We understand that most of our patients experience many symptoms and that they may be severe and disabling. Chronic illnesses are often exceedingly complex and intertwined with other medical conditions making management and treatment challenging and time consuming. Hypermobility MD is designed to provide chronic disease management, not acute care. Dr. Bluestein has formulated a comprehensive program that requires periodic visits (at intervals ranging from one to three months) to achieve the highest level of success. It is your responsibility to schedule these appointments at the recommended intervals. Non-compliance with follow-up may negatively impact your outcome and, per Dr Bluestein's discretion, may lead to discharge from the practice. You must have a primary care provider. If you have a new symptom(s), you should be evaluated by your primary care provider in order to be sure that you do not have a new, unrelated problem. If you have worsening and/or acute symptoms you are concerned about, call 911 or be evaluated by the nearest urgent care facility or emergency department. Medication changes and initiation of any new medication will **ONLY** be made during office visits after an appropriate evaluation and not over the phone or the portal.

PAYMENT:

All appointments must be paid in full at the time of booking. By requesting an appointment, you are granting permission for your credit card to be charged for the FULL AMOUNT DUE.

NO SHOW AND LATE CANCELLATION POLICY:

Any appointment cancelled more than 2 business days ahead of the scheduled time may be rescheduled free of charge. The amount paid at the time of booking may be applied towards a future appointment. Cash or credit card refunds will NOT be given. Any no-show or cancellation less than 2 business days prior to the scheduled appointment time will not be refunded or rescheduled.

GUARANTEE:

Although Dr. Bluestein has a very high success rate in making diagnoses and finding treatments that lead to an improvement in quality of life, she cannot guarantee your health will improve as a result of care with Hypermobility MD. As with everything in medicine (and life), nothing is 100% successful.

ELIGIBILITY:

All initial visits are performed in person. Residents of Colorado (CO) or Wisconsin (WI) may have follow-up visits conducted via telemedicine if they are sitting in CO or WI at the time of the visit.

If you reside outside of CO or WI, all visits must be in person.

TELEMEDICINE CONSULTATIONS:

Telemedicine visits are available for follow up for residents of WI or CO who have seen Dr. Bluestein in person in the past year. Telemedicine visits are designed for ongoing management of previously diagnosed conditions. We are unable to guarantee that there will not be a data breach during telemedicine visits. By scheduling a teleconsultation, you understand and accept the small risk of a data breach. You also understand and accept that there may be some limitations to care due to the inability to perform a physical examination or complete vital signs.

LATE ARRIVAL:

If you are late for your scheduled appointment time, you will be seen for the remainder of your scheduled appointment time and billed for the entire appointment. Carefully note the time zone of your scheduled appointment.

MESSAGING:

Our priority is to provide the best care we can to patients. Portal and other messages are to be used for **non-urgent and logistical matters only and are not a replacement for scheduled visits**. If you have an urgent or emergent matter, please go to the closest emergency department or urgent care. If you have any other situation or question, you will need to schedule an appointment.

PRIOR AUTHORIZATIONS, APPEALS, LETTERS OF MEDICAL NECESSITY:

There are no FDA-approved treatments for the Ehlers-Danlos syndromes, dysautonomia, or mast cell activation syndrome and these conditions are poorly understood by insurance companies. As a result, insurance companies often request extensive and time-consuming documentation to consider approval of many of the treatments used for these conditions. The number of these requests for our patient population far exceeds that of most other practices and you must therefore schedule an appointment for this service. If your insurance company requests a "prior authorization," a "letter of medical necessity," an "appeal," or a "peer-to-peer" physician consultation for medications, infusion therapy, laboratory tests, procedures, or other care, you may schedule an appointment during which time this paperwork will be completed. If a prior authorization is requested outside of a scheduled office visit, Dr. Bluestein charges \$400 per hour to perform this service. You will have the option of having Dr. Bluestein complete this service or seeking your own alternative solution. There is no guarantee that your insurance company will decide in your favor because of our actions, but we will make every effort to get the care you need approved. We do have a high success rate, but it is not 100%.

DISABILITY AND ACCOMODATION FORMS:

The focus of our practice is to help you live as full and rewarding a life as possible and thus, it is not our intent to complete disability forms, especially if you are new to the practice. If you request the completion of forms for disability accommodations, these will be handled **during visits only and at Dr. Bluestein's discretion**. We recommend asking your primary care physician to complete these forms as most primary care providers get significantly fewer requests than we do given the high severity of illness of our patient population. If your primary care physician is not able or willing to complete the form, you are encouraged to complete as much of the form as possible in advance of your appointment to reduce the provider time required to complete the form.

LETTERS:

If you need a letter drafted, these may be done during appointments as well. You may draft the letter yourself to reduce the provider time required.

TEST RESULTS:

Routine lab test results may not require an appointment if they are normal. If there are laboratory abnormalities, however, **a follow up appointment must be scheduled so that these results and their potential implications may be properly communicated with you**. It is your responsibility to schedule this appointment. Schedule your results review follow-up appointment at an appropriate time interval that will allow all ordered tests to be completed prior to your appointment. For some specialty tests, results can take as long as 6 weeks to be finalized.

LABORATORY, RADIOLOGY AND OTHER PROCEDURES:

We do not guarantee that recommended laboratory studies or procedures will be reimbursed by your insurance company. It is your responsibility to ensure that laboratory

tests, procedures or other tests ordered by the Hypermobility MD are covered by your insurance policy prior to these studies being completed.

PRESCRIPTION REFILLS:

Routine Prescription Refills:

Prescriptions are ordered as medically appropriate **during scheduled office visits**. It is your responsibility to be sure you do not run out of your medication prescribed by Dr. Bluestein by scheduling office visits at appropriate intervals. The frequency of recommended follow-up visits depends on the stability of your condition and the medication(s) prescribed. Prescription refills are intended only for patients who are being seen on the prescribed schedule. Prescriptions initiated by another provider should be refilled by that provider unless Dr. Bluestein agrees to take over the prescription. Make refill requests during scheduled appointments to avoid administrative fees for between appointment requests (\$25 per prescription). You must contact the office directly with any refill request. Complex prescription requests are only available at scheduled appointments.

New Prescriptions:

A new prescription or one recommended by another physician requires an office visit or telemedicine visit.

Controlled Substances:

To receive prescriptions for controlled substances (e.g., benzodiazepines, non-opioid analgesics, opioid analgesics, and stimulants), you must have an office visit or telemedicine visit *at least* every three months. You may also be asked to keep an up-to-date Controlled Substances Agreement with our office.

MEDICAL RECORDS RELEASE:

You are responsible for obtaining your medical records from other health care providers/facilities. Medical records from another physician or office can only be released to us with your authorization by completing a HIPAA authorization form. Please contact your other health care provider to obtain the records that you believe are pertinent to your Hypermobility MD evaluation.

MEDICAL RECORDS:

Your Hypermobility MD records are available on our patient portal. Laboratory and other study results can be obtained from the testing facility. If you request that we copy your medical records, you may be charged according to regulatory guidelines.

RECORDINGS:

Visits may NOT be recorded without the written permission of the Hypermobility MD.

HOW TO PREPARE FOR YOUR APPOINTMENT

- 1. Organize your medical records to improve the effectiveness of your visit.**
- 2. Compile key laboratory tests (≤ 6 months), imaging (≤ 2 years), and notes from other providers in a binder or some other organizer.**
- 3. Remove all duplicate pages and/or pages that do not contain helpful information.**
- 4. Providing a small number of pages organized with key information is much more effective than bringing in stacks of papers with unrelated information.**
- 5. Organize your thoughts in advance to present a focused and efficient review of your story.**
- 6. A concise bullet point timeline and/or symptom list is often helpful.**

WHAT HAPPENS AT YOUR APPOINTMENT

- 1. Detailed history and intake by Dr. Bluestein**
- 2. Focused physical exam as medically indicated**
- 3. You may be asked to complete specific diagnostic questionnaires / begin review of resources**
- 4. Dr. Bluestein will review outside records and formulate your plan (Dr. Bluestein may step out of the office for this portion of the visit)**
- 5. Your comprehensive treatment plan is presented to you and your questions answered.**