

## Appointment Information (for Dr. Elaine Trogdon)

An initial evaluation for ADHD, anxiety, or other complex medical or behavioral issues is generally done in 2 separate appointments, as outlined below. For more simple medical issues (such as asthma or allergies), the initial evaluation may be done as a single initial appointment with a subsequent lab follow-up appointment; this will be determined at the time of your call to schedule an appointment.

**First appointment:** This appointment is done with the parents only. The appointment lasts approximately 1 ½ to 2 hours. A comprehensive detailed history is taken addressing birth history, past and current medical issues, diet and nutrition, current and past medications and/or supplements, developmental milestones, behavioral symptoms, education and therapies, and family history. (Please see developmental history form in [“Forms”](#) section.)

**Second appointment:** This appointment is done with the parents and the child and lasts 1 ½ to 2 hours. A detailed general physical examination and neurological examination, including attention to nutritional clues (in skin, hair, nails, etc.), is done. Appropriate developmental or behavioral testing may also be done. Both traditional medical and functional medicine (e.g., diet and nutrition) approaches will be discussed. Recommendations may include laboratory testing, additional therapy or educational recommendations, dietary changes, nutritional supplements, or medications. An initial treatment and follow-up plan will be formulated.

### **Lab testing:**

If laboratory testing is done, a follow-up appointment will need to be scheduled when all tests results are back. This may be done on the phone (see phone appointment policy in “Policy and Procedures” section) or in the office. Depending on the number and complexity of tests done, this appointment generally lasts 45-60 minutes. Lab results and an in-depth discussion of your child’s diagnoses and further treatment recommendations will be discussed. The cost of this appointment is prorated based on the practitioner’s hourly rate.

Labs may or may not be covered by your insurance plan.

Blood testing done at traditional labs such as Quest Diagnostics or LabCorp is generally covered.

Prior to your first appointment, please check with your insurance company to determine which local lab is covered by your insurance company. In addition, please ask whether your reimbursement rate is different depending on whether an in-network or out-of-network physician orders your tests. HeartLight practitioners do not participate with insurance plans. If reimbursement is better for labs ordered by an in-network physician, labs can be ordered by your primary care physician if he/she is willing to order labs we recommend.

Other labs done at specialty labs (such as Genova Diagnostics, for example) may not be covered by your insurance. Please feel free to discuss this at your initial appointment. HeartLight continually researches different labs to determine the most accurate and cost-effective options for testing.

**Follow-up in-office appointments:**

The frequency of these appointments varies depending on your child's diagnosis and treatment plan. Follow-up appointments generally occur every 3-4 months, though may be more frequent initially if medications are initiated. Follow-up appointments range from 30 minutes (simple medication follow-ups) to 1 ½ hours, again depending on the reason for follow-up and the complexity of the issues. Follow-up appointment charges are pro-rated based on the practitioner's hourly rate.

**Cost:****Initial appointments:**

- For appointments for ADHD, anxiety, or complex medical or behavioral issues: \$350 per appointment for a total of \$700 for the 2 evaluation appointments.
- For more simple medical issues, these may be able to be addressed in a single appointment with parents and child: \$225/hour. Cost will be prorated based on duration of the appointment. If labs are ordered, a follow-up lab appointment (see below) may also be necessary.

**Follow-up lab appointment:** Prorated at the practitioner's hourly rate. Appointment is generally 45-60 minutes, depending on the complexity of the labs and other issues requiring follow-up discussion.

**Subsequent in-office follow-up appointments:** These appointments range from 30 minutes for simple medication follow-ups to 1 or 1 ½ hours for more complex issues. The cost is prorated based on the practitioner's hourly rate.

Dr. Trogon's hourly rate for lab, follow-up or phone appointments is \$225/hour.