

Appointment Information (for Dr. Stacy Ross)

Initial appointment:

The initial appointment generally lasts 1 ½ to 2 hours. A detailed history form is available for download on our website; this form should be completed and brought with you to your first appointment. At the initial appointment, your history will be reviewed in depth including past medical history, current physical and emotional symptoms, current medications and supplements, diet history, and family history. A thorough physical examination, including attention to findings on examination which may suggest nutritional deficiencies, will be done. Recommendations for initial laboratory testing and treatments will also be discussed.

Follow-up appointments:

The initial follow-up appointment is generally about 3-4 weeks after the initial appointment to review results of laboratory testing and to determine the next steps in your treatment plan. This appointment can be done in the office or on the phone. (Please see “Policies and Procedures” form on the website for our phone appointment policies.) Follow-up appointments generally range from 30-60 minutes depending on the complexity of your problem and the number of labs performed.

The frequency of subsequent follow-up appointments is determined by your practitioner based on your particular diagnoses and treatment needs.

Lab testing:

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-plan or out-of-plan physician orders your tests. HeartLight practitioners do not participate with insurance plans. If reimbursement is better for labs ordered by an in-plan 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 Great Plains, Genova Diagnostics, or Metametrix, for example) may not be covered by your insurance. It is your responsibility to discuss this with your insurance plan. HeartLight continually researches different labs to determine the most accurate and cost-effective options for testing.

Costs:

Initial appointment: \$200/hour. Total cost depends on the length of the initial appointment. Appointments generally last 1 ½ to 2 hours.

Follow-up lab appointment: Prorated at the practitioner’s hourly rate of \$200/hour. Appointments generally range from 30-60 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 follow-ups to 1 or 1 ½ hours for more complex issues. The cost is prorated based on the practitioner's hourly rate.

Dr. Ross's hourly rate for initial, lab, phone or follow-up appointments: \$200/hour.