



Anita Sadaty, MD
Redefining Health

Thrive!

Thrive Medical Wellness Program

What is Thrive Wellness?

This program is designed to treat YOU. YOUR body. YOUR symptoms. YOUR imbalances.

It is designed to uncover the CAUSE of your dis-EASE by using advanced lab testing and understanding the lifestyle stressors that are not supporting optimal health. By listening to your story and understanding the reasons behind your health issues, we will create a highly personalized plan of healing.

What is it NOT?

This is not a one-size-fits-all, cookie-cutter approach to your health. This is not merely hiding or masking your symptoms without eliminating the cause of symptoms. This is not a “quick-fix” approach that leads to only temporary benefits that won’t last. This is not standard lab work that says “You are normal” when you know that you are not.

Is this for me? Please answer the following questions:

- » I want to know how my diet and lifestyle choices are impacting my health
- » I am willing to make changes to how I live my life in order to get better
- » I am willing to invest time and energy in my health at this time.
- » I am ready for a new approach to health and wellness.
- » If you answered “YES” to these questions, this IS for you.





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What is involved? 3 Phases:

PHASE I: The INITIAL INTERVIEW – 15-30 minutes

You can schedule a short introductory 15 minute visit to see if this program is appropriate for you. You can discuss your health concerns and symptoms and Dr. Sadaty will describe the process in more detail as it pertains to your issues.

If you wish to proceed with the program, you may dispense with the short introductory visit and complete the intake forms in our WELLNESS PACKET prior to the INITIAL INTERVIEW. We will email you the packet which is also available on our website drsadaty.com under Patient Forms.

During this meeting, we will review your history, target your health problems and goals, determine which lab testing is required and create an initial lifestyle and nutrition action plan. At this visit you will:

- » Initiate a personalized nutrition plan
- » Receive a customized lifestyle adjustment plan
- » Receive ADVANCED LAB TESTING prescriptions specific to your health situation
- » Receive a complimentary one-on-one 15-minute health coaching session (included with any 60 minute visit which can be scheduled separately at your convenience)

PHASE 2: The CASE REVIEW – 30 to 60 minute blocks

We will discuss the results of the ADVANCED TESTING, the reasons behind your health concerns and review your comprehensive, individualized program. At this point, we continue to use lifestyle medicine, with the addition of targeted supplements, vitamins, botanicals or possibly medications.





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What is involved? 3 Phases:

PHASE 3: Follow up Interview – 15 to 60 minute blocks

Here we check in to see if you have resolved your problems and achieved your goals. We discuss next steps. Some of you will be done here. Others may need more time and testing to achieve your wellness objectives. Dr. Sadaty will work with you on a once-per-month basis to help you achieve your goals if needed.

What treatment methods are used?

1. Targeted Nutrition to correct the nutritional imbalances and lifestyle modification (exercise, sleep, stress reduction) to address the cause of most chronic conditions and symptoms.
2. Professional grade supplements to correct nutrient and hormone imbalances and to support the body's internal healing process to create health and vitality.
3. Prescription medications, if required, depending on the specific condition that needs to be addressed

What lab tests are ordered?

Each patient will require a different set of lab assessments depending on the issues that are identified during the INITIAL INTERVIEW. We have tests designed to evaluate the following:

Adrenal Stress Hormone Evaluation – in depth evaluation of cortisol pathways and cortisol rhythm in the body that can impact female hormone imbalance, weight gain, fatigue, inability to handle stress, poor thyroid function, fertility and miscarriage concerns, mood imbalance.





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What lab tests are ordered? (continued)

Female Hormone Balance and Detoxification – evaluation of female hormone pathways for fertility, hormone imbalance, menopause and evaluation of Hormone Replacement efficacy and safety.

Comprehensive Stool Analysis – designed to uncover possible Bacterial, Yeast or Parasitic infections as well as digestive enzyme deficiency, malabsorption and poor beneficial bacterial balance.

Hydrogen Breath Testing – designed to evaluate the small intestine for abnormal bacterial colonization.

Comprehensive Blood Chemistries – a comprehensive blood analysis of thyroid function, nutritional deficiencies, inflammatory markers, anemia panel, liver and kidney function, heart disease risk, autoimmune disorders.

Genetic Map for Weight and Metabolism – Mapping your genes to determine what nutrition profile, what exercise choices and training schedule would work optimally with your genetic make up.

Integrated Genetics Solution – A comprehensive hormone, vitamin and mineral panel that includes the identification of certain genes responsible for metabolism, detoxification and hormonal balance. This panel will identify your optimal zone for vitamins, minerals and hormones needed to achieve balance in metabolism, athletic performance, brain chemistry and anti-aging goals. From this panel, Dr. Sadaty will develop a very personalized recommendation for minerals, vitamins and possibly hormone therapy that is right for you. This is a separate program – please ask Dr. Sadaty if you are interested in this assessment.

Depending on your health insurance you may be covered for these Functional Medicine laboratory assessments. Most blood work should be completely covered by your insurance subject to your individual insurance policies and applicable deductible. ***It is your responsibility to find out if you will be financially responsible for all testing that is ordered.***





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Are Thrive Medical Programs covered by insurance?

This program is a highly individualized medical coaching program that focuses on optimizing wellness and identifying imbalances that undermine your health. **Unfortunately, this type of preventive care and health optimization approach is not a covered service under private insurance plans and cannot be submitted for reimbursement.**

How much does it cost? Please refer to Invoice Estimation Of Cost on the next page...

CANCELLATION POLICY:

Your appointment time has been specifically reserved for you. If you are late for your appointment, you will only have the time left that was originally scheduled for you. If you have to reschedule your appointment, please give at least 48 hours notice, so we can free up your appointment for someone else. If you fail to show up to your appointment or cancel WITHIN the 48 hour window, you will be charged the full amount for the visit. We appreciate your understanding and compliance with this policy.

» Schedule an Appointment today by calling: 516.801.1313 or emailing contact@drsadaty.com.





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Invoice Estimation of Cost

How much does the program cost? 3 Sections:

1. Cost of Lab Testing (see Laboratory Assessment fees) Only labs specifically selected for you
2. Case Review includes:
 - a. Review and interpretation of all lab work
 - b. Review of all medical history, questionnaires and intake forms
 - c. Construction of personalized wellness program
 - d. Consultation appointment with the physician
3. Follow up visits – as dictated by your progress and complexity of case (generally follow ups occur every 6 weeks as needed)

Case Review and Follow up visits: you are charged only for the time with Dr. Sadaty

60 minutes \$500 45 minutes \$450 30 minutes \$300 15 minutes \$150

Phone and Skype Consultations available upon request billed at the above listed rates.

These remote visits are available only **AFTER** the initial face to face meeting

Laboratory Assessment fees: These may or may not be covered by insurance, copays apply





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Invoice Estimation of Cost (continued)

Dr. Sadaty will likely recommend doing a comprehensive blood panel and possibly one or two specialized tests listed below. The tests recommended will vary depending on your particular situation.

1. Comprehensive blood panel (should be covered by your insurance, deductibles apply – please contact your insurance carrier regarding your responsibility for any blood work you have drawn)
2. Adrenal DUTCH Testing (without hormone testing \$250, with hormone testing \$325) – not covered by insurance. This is the most comprehensive assessment available from Precision Analytics to evaluate stress hormone and female hormone imbalance.
3. Genova Salivary Adrenal Testing A basic salivary adrenal test that is generally covered by insurance (cost ranges between \$149-\$349)
4. Gut Health Evaluation (cost for a comprehensive stool test analysis may range from \$189 to \$379) Insurance coverage varies
5. Small Intestinal Bacterial Overgrowth Breath Testing (may range from \$149-\$189) Insurance coverage varies
6. Female Hormone Test (\$325 if done with the adrenal test, \$250 if done separately) – NOT covered by insurance
7. Organics Acid Testing – checks markers for metabolism, energy production, liver detox capacity, methylation, B vitamin status, neurotransmitter status, bacterial markers (cost from \$149 to \$389) Insurance coverage varies
8. Integrated Genetics Solution Testing: checks for certain genetic mutations, female hormone panel, vitamin and mineral levels that all impact hormone health, metabolism, and mood. Requires separate payment for use of the software program to determine YOUR specific personalized requirements. Gives specific information for vitamin, mineral and hormone amounts to optimize your health. (Blood work is generally covered by your insurance HOWEVER, the software program and visit to review results costs \$300)
9. Other functional testing is available if your case requires, however this varies with each individual patient

INSURANCE COVERAGE VARIES BASED ON YOUR SPECIFIC INSURANCE CARRIER. YOU WILL NEED TO CONTACT THE TESTING COMPANY TO DETERMINE PRICING AND INSURANCE COVERAGE.

