

# QUARTERLY NEWSLETTER

SUMMER 2014

VOLUME 1, ISSUE 1

**Andry**  
**MEDICAL SERVICES**  
Individualized Care for Optimal Living

**MDweightWorx®**  
Physician Directed Weight Loss

## *Fees Are Changing*



At Andry Medical Services, we strive to provide you with the very best care tailored to your needs. In the 8 years since Dr. Andry started Andry Medical Services, he has never raised fees. The Usual & Customary rate for a Level 4 visit in our geographical area is \$158 for established patients and \$258 for new patients. We currently charge \$100 for established patient appointments and \$200 for new patient appointments. In order to continue to provide you with the best care and offer new services, fees will be increasing starting September 1st, 2014 and will be based on 20 minute blocks of time. Established patient rates for Dr. Andry will

start at \$150 for a 20 minute appointment, rates for Kathy Frasure NP will start at \$125 for a 20 minute appointment, and rates for April Levay, Nurse Care Manager, will start at \$95 for a 20 minute appointment. New patient appointments will start at \$250 for Dr. Andry and \$225 for Kathy Frasure. Regardless of the provider you choose, Dr. Andry oversees all visits and coordinates care with Kathy and April.

Even with this fee increase, we are still below the Usual & Customary rate. Because your fee is based on time, it's best to come to your appointment on time and prepared. We want to give every patient the necessary time they require. Our patient satisfaction surveys have indicated that we can improve your wait times. With this restructuring, we aim to stay on schedule and reduce your wait times before your appointment. Arriving 5 to 10 minutes prior to your appointment enables the staff to have you ready for the provider at your scheduled appointment time. Also, by offering different levels of fees, you will have control over what you pay to better fit with your financial and your medical needs. We value you as our patient and hope that these changes will help to better satisfy your needs.

## *Filing with Insurance on Your Behalf*

As you already know, Andry Medical Services is not contracted with any insurance carrier. In the past, patients have been provided with a charge slip to submit to their insurance company's if they so choose. Your feedback has let us know that many patients would appreciate some assistance with filing their claims.

Starting now if you so choose, we will file your charges with your insurance company on your behalf for an additional \$15 fee. There is no guarantee that your insurance company will reimburse you as this depends on your individual plan and carrier. If your insurance company does process your claim for payment, they can either send the check to you or to our office. If received by our office, the amount received will be applied to your account as a credit which you may use toward your future appointments or product purchases. We will not process refunds.

*"The doctor of the future will give no medicine but will interest his patients in the care of the human body, in diet, and in the cause and prevention of disease."*

~ Thomas Edison

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## New Services at Andry Medical



IV THERAPY IS PERFORMED IN OFFICE BY WHITNEY

efforts to help you achieve total health and wellness. We now offer IV Vitamin Therapy which is a vitamin and mineral therapy administered intravenously. This allows for better absorption and retains the benefits of the formula.

The IV contains a combination of magnesium, calcium, vitamins B12, B6, B5 complex, and vitamin C. Administering the IV only takes 15-20 minutes and can be performed weekly, bi-weekly, monthly, or as needed.

We also offer Heart Rate Vari-

ability tests (HRV) which studies your body's response to physical, emotional, and environmental stress particularly on you autonomic nervous system. It provides a quick measurement for your general fitness and risk factors for sudden arrhythmia by measuring variations in your heart rate.

Even those in pique physical fitness can have nervous systems that are over-stressed that can cause unforeseen health problems. Pick up a flyer in the waiting room or ask your provider about details.

Several new services are available at Andry Medical in our

“EVEN THOSE IN PIQUE PHYSICAL FITNESS CAN HAVE NERVOUS SYSTEMS THAT ARE OVER-STRESSED THAT CAN CAUSE UNFORESEEN HEALTH PROBLEMS.”

## AdvoCare Spark® Energy

You may have seen AdvoCare Spark® Energy promoted by Drew Brees or the Real Housewives of the OC. It's a sugar-free supplement that enhances mental energy and focus, helps fight occasional drowsiness, and provides support for long-lasting energy. If you have trouble waking up or you hit a wall in the afternoon, Spark® Energy may help.

Low energy levels often lead to poor weight management, increased stress, and decreased physical activity. We're simply too tired to work out or prepare a healthy meal. Spark® Energy provides a source of energy that is quick to respond, long lasting, and at 45 calories and no sugar, offers a healthier alternative to other energy boosting products. More than 20 vitamins, minerals,

and nutrients work together to give a balanced boost that won't overburden or over stimulate your body. It contains caffeine for a quick boost of energy followed by B vitamins for long-lasting energy. Finally, the amino acids help increase mental focus and alertness. Ask your provider for more details.

## Taylor MD Supplements

Taylor MD Formulations produces a line of high quality supplements sold exclusively to licensed healthcare practitioners.

Their products aid and support the body's overall health and functioning with a belief that an ounce of prevention is worth a pound of cure. Healthier bodies are also less likely to develop chronic illnesses or show signs of premature aging.

Taylor MD supplements are physician formulated by leading medical wellness experts who are backed by numerous years of clinical practice experience. Their cutting edge formulations are designed to improve absorption, bioavailability, and effectiveness. If you are interested in learning more, pick up a supplement list at check-out or ask your provider for more details.



## *Myriad Family of Farms*

Coming soon we will have organic food available for purchase at Andry Medical Services brought to us by Myriad Family of Farms who strive to provide the best available local organically certified meats, poultry, dairy, produce etc, to consumers.

By combining their cutting-edge philosophy for fully certified organic products with our medical philosophies of integrated medicine, we hope to educate and impassion our patients about the organic lifestyle and its tremendous health advantages.

There is an enormous amount

of false and/or misleading information out there about what “organic” really means which leads consumers to making poor choices about their food. By helping to advance our patient’s understanding of healthier living through appropriate food consumption, we hope to assist you in reaching your personal health and wellness goals.

Coming Soon:

### **Harvest Health**

Andry Medical Services will have a 2nd location opening soon in the Village of West Clay in Carmel, Indiana in-

side the Harvest Health building. Harvest Health will also include Myriad Family of Farms.



## *Retainer Patient Program*

Andry Medical Services offers a retainer program which provides priority treatment for a yearly participation fee of \$3500. The agreement creates a retainer relationship under which you will obtain personalized medical care and direct access to Dr. Andry and his staff. As a retainer patient, you will be given access

to a dedicated phone line that rings as a priority and will be answered by a staff member during business hours. The agreement also entitles you to receive several medical services and non-medical amenities as part of the annual fee. Some of these include an annual physical, up to 20 thorough office visits

per year, disease prevention counseling, routine vaccinations, diagnostic tests performed in office, any time blood pressure checks and oxygenation testing, same day or next day appointments Monday through Thursday, direct e-mail and cell phone access to Dr. Andry, and more.

## *Miscellaneous Fees*

As a cash pay practice, we understand that your budgeting concerns are important. We strive to be upfront and honest about our fee schedules. Most of the administrative duties we provide are at no additional charge but there are some fees involved with certain tasks.

Examples include:

-Medical Records: transferring your medical records to another medical facility for continuation of care is free. Making copies of

your records for your personal use, or sending records to entities other than medical offices (health insurance companies, law offices, employers, etc.) constitute a fee in accordance with state law. A \$20 processing fee will be assessed as well as a per page fee for pages 11 and up and a priority processing fee if records are needed within two working days.

-Prior Authorizations: If your insurance company is requiring prior authorization for your

medication, there is a \$25 fee to process this paperwork with your insurance company. Prior authorizations are very time consuming and are not considered under the scope of regular administrative duties since we do not accept insurance. If you are unsure why your insurance company is requiring prior authorization for your medication, we recommend you contact them to inquire about it. Depending on the medication, you may decide to forego the paperwork and simply pay out of pocket for your medication.

“BY HELPING TO ADVANCE OUR PATIENT’S UNDERSTANDING OF HEALTHIER LIVING THROUGH APPROPRIATE FOOD CONSUMPTION, WE HOPE TO ASSIST YOU IN REACHING YOUR PERSONAL HEALTH AND WELLNESS GOALS.”

**ANDRY MEDICAL SERVICES—INDIVIDUALIZED CARE FOR OPTIMAL LIVING**

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**WE'RE ON THE WEB!  
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FACEBOOK TOO!

*About Us-*

*Andry Medical Services is a full-service Family Medicine office with specialty training and service in additional areas of medicine. We offer Bio-Identical Hormone Therapy (BHRT) management, including Testosterone, Estrogen, Progesterone, Thyroid, Cortisol, Vitamin-D, Growth Hormone, GLP-1, among others.*

*We provide Advanced Medical Weight Management Services with a focus on Hormonal/ Behavioral techniques with our MDweightWoRx Center.*

*Our goal is to provide the highest quality medical care, understanding the latest in research, while developing a unique, individualized health plan, specifically for you and your particular needs.*

*We believe you are in charge of your health care and we will listen intently to your concerns and take the time necessary to understand your needs as fully as possible, and adapt our knowledge and understanding to your beliefs and goals to the best of our ability, while maintaining sound medical practice principles.*



***MDweightWoRx Program Expanding***



Earlier this year, the MDweightWoRx program expanded its office to include a location at the Tipton Lakes Athletic facility in Columbus, Indiana.

Director of the program, Frankie Preslaff, sees clients in Columbus one day a week and coordinates their care with Andry Medical Services. The medically managed weight loss program was welcomed with open arms in Columbus by staff at the athletic facility and clients in the area.

We are excited to spread the opportunity of this successful weight loss program to the surrounding area. As one of the only programs of its kind in the area, MDweightWoRx continues to grow as successful participants tell their family and friends.

Programs are available for clients who need to lose a significant amount of weight or that 20 to 30 pounds that can creep up as we age. There are also programs for wedding gown slim downs and new moms wanting to regain their pre-pregnancy body (and better!)

If you are interested in learning more about the MDweightWoRx program, ask us today about scheduling a free consultation with Frankie. His extension knowledge on why we gain weight and his own personal story will inspire you to take control and build a better future for your wellbeing.