

# Food Allergy Lab (blood Chemistry) Information

## Insurance

- In most cases, insurance will NOT cover this lab
- However, we offer a discount (over 60% off retail)
- *If you would like, we can issue you a "super bill" after the payment for the lab test has been made, which means you can submit this cost to your own insurance company to see if they will reimburse you according to your contracted rate. You will need to call and speak to your health insurance agent to have them walk you through this process.*

## Cost

- Retail is \$980 for this Food Allergy Panel
- **We offer this lab at \$325** (this service is done in office by Dr. Alvarez)
- Payment at Elevation Clinic must be made first before test is submitted
- Or you may do this lab **A-La-Carte** at \$20 / food (if you choose this service, this must be done at another facility)

## How to get the food allergy lab:

1. You will need a requisition form from Dr. Alvarez by scheduling an appointment and coming in for the blood draw (finger prick) done by Dr. Alvarez.
2. **Call or Text to schedule a time 303-521-0130**
3. **Choose which food allergy lab you prefer:**
  - **A-La-Carte (at \$20 / food item) or**
  - **95 food allergy panel + Candida Albicans (\$325) This is the most commonly ordered and certainly much more cost effective than A-La-Carte**
  - **(see website for an example 95 food allergy panel)**
4. We cannot issue the Requisition form until you:
  - fill out new patient intake form (at our clinic)
  - have a consultation with Dr. Alvarez
  - the payment for the labs has been made
5. If you choose A-La-Carte, Dr. Alvarez will write you an outside referral requisition form. Then you take the form to your local Lab Corp for the A-La-Carte food allergy panel at \$20 / lab **(you can tell me which foods you would like and we will order those)**
4. There they will take your blood and send it out for testing
5. Lab Corp will NOT charge you since payment is done with Dr. Alvarez

**Once the food allergy results come in:**

6. Dr. Alvarez will email you a PDF of the lab results for you to look over
7. Next, we will Schedule and appointment for either a phone consultation or in office (your choice) and we will go over the “game plan” or where to go from here
8. See the website for detox and food allergy protocol
  - <http://www.elevation-sportsmed.com/gastro-intestinal-stomach-detox-protocol/>

**The results people get with this protocol is remarkable!**

**The food allergy labs also takes the “guessing game” out of what foods to eat and not eat and is far superior to "food trial and error" and will save you a lot of time and money in the long run.**

See link on the webpage below for example food allergy panel results  
<http://www.elevation-sportsmed.com/food-allergy-testing/>

Or visit

<http://foodtest95.com/patients/>

for more information including the food allergy test results example