

Dear Doctor,

I am writing as the therapist for a mutual patient who is currently under my care for integrative mental health and wellness. As part of our collaborative approach, I am requesting the following comprehensive laboratory assessments to gain a deeper understanding of underlying physiological contributors to the patient's symptoms. These tests are selected to enhance our treatment plan and are aligned with evidence-based integrative approaches.

Recommended Laboratory Tests:

- Comprehensive Metabolic Panel (CMP)
- Extensive Thyroid Panel (TSH, Free T3, Free T4, Reverse T3, TPOAb, TgAb)
- Vitamin D levels (25(OH)D and 1,25(OH)2D)
- Vitamin B12 and Folate
- MTHFR Gene Mutation Analysis
- Epstein-Barr Virus (EBV) Panel
- Antinuclear Antibody (ANA) Test
- Rheumatoid Factor (RF)
- C-Reactive Protein (CRP) and Erythrocyte Sedimentation Rate (ESR)
- Ferritin and Iron Panel
- Homocysteine Levels
- Cortisol (AM and PM levels)
- DHEA-Sulfate (DHEA-S)
- Insulin and HOMA-IR
- Advanced Lipid Panel (including LDL particle size)
- Comprehensive Sex Hormone Panel (Estrogen, Progesterone, Testosterone)

- Comprehensive Stool Analysis (including parasites)
- Mycotoxin Panel (for mold exposure)
- Omega-3 Index
- Zinc and Magnesium Levels

These tests are selected for their potential impact on mental health, including contributions from inflammation, hormonal imbalances, nutritional deficiencies, chronic infections, and toxin exposures. Research supports the importance of a comprehensive physiological assessment for patients presenting with complex or treatment-resistant mental health symptoms.

Insurance Considerations:

Many of these tests, particularly those listed below, are commonly covered by insurance when linked to appropriate diagnostic codes:

- CMP, Thyroid Panel, Vitamin D, B12/Folate, MTHFR, EBV, ANA, RF, CRP, ESR, Ferritin/Iron, and Homocysteine.

More specialized tests, such as mycotoxin panels, comprehensive stool analysis, and advanced lipid and hormone assessments, may require a functional medicine practitioner or may not be covered under standard insurance protocols.

Suggested Diagnostic Codes (ICD-10):

- E66.9: Obesity, unspecified
- E11.9: Type 2 diabetes mellitus without complications
- E78.5: Hyperlipidemia, unspecified
- E55.9: Vitamin D deficiency, unspecified
- D50.9: Iron deficiency anemia, unspecified
- E03.9: Hypothyroidism, unspecified

- M79.7: Fibromyalgia
- F41.9: Anxiety disorder, unspecified
- F33.9: Major depressive disorder, recurrent, unspecified
- M35.9: Systemic involvement of connective tissue, unspecified

These codes support the clinical rationale and are often recognized by insurance carriers.

Collaboration Request:

I kindly ask for your assistance in ordering these tests, with the understanding that they will help guide a personalized, integrative treatment plan for the patient. Should you have any questions or require additional documentation, I would be happy to provide further details or coordinate directly with your office.

Thank you for your partnership in optimizing the patient's health and well-being.

Warm regards,

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