Welcome to

Amen Clinics, Inc.

The enclosed packet contains information regarding your upcoming visit to the Amen Clinics.

“Change Your Brain, Change Your Life”
Amen Clinics, Inc.
Information Packet

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The Full Evaluation

The full evaluation is a comprehensive, thorough process that will give us the best information in helping our medical professionals develop a treatment plan that is specific to your individual needs. The full evaluation will span over several days, and require the work of several highly trained professionals.

There are seven appointments that make up the full evaluation:
1. Clinical history
2. Concentration SPECT scan
3. Resting SPECT scan
4. Psychological and Cognitive Testing
5. Final evaluation with one of our physicians
6. Aftercare appointment one week after the evaluation
7. Follow up appointment with your ACI physician

For those who decide to add on a Quantitative electroencephalography (qEEG) which are performed only in the Orange County, Reston and New York clinics, this will be done with a follow up appointment to go over the results.

The final evaluation is the last appointment to be scheduled. The clinical history, two brain scans and qEEG (if applicable) can occur in any order. The information gathered in these appointments is given to your ACI physician, who will then review it and meet with you in the final evaluation and subsequent follow-up appointments.

The following is a summary of what you can expect at each of these appointments, as well as important information you should know and be prepared for to ensure a smooth visit at our clinics. Remember, if you ever have any questions or concerns; please do not hesitate in contacting one of our patient care coordinators at (888)564-2700.

Clinical History
One of the first appointments you will have at our clinics is the clinical history. This is an important appointment, as it gives your ACI physician a detailed and thorough history of your symptoms, medical conditions, behavioral and emotional patterns, head injuries, family history, drug and alcohol use, past medications, and anything else relevant to your current struggles.

SPECT Scans
SPECT, single photon emission computed tomography, is a nuclear medicine procedure that is widely used to study heart, liver, thyroid, bone, and brain problems. We use SPECT imaging as a tool in the diagnostic and treatment process. Brain imaging with SPECT is a proven, reliable measure of cerebral blood flow. Because brain activity is directly related to blood flow, SPECT effectively shows us the patterns of brain activity. It allows physicians to look inside the brain to observe three things: areas of the brain that work well, areas that work too hard, and areas that do not work hard enough. This
information is analyzed, and the results then given to the medical professional you will be meeting with during your final and follow-up appointments. The information from these scans, along with a detailed clinical history, helps us understand the underlying brain patterns associated with our patients’ problems and help pinpoint the right treatment to balance brain function. For detailed information on SPECT imaging and its benefits for physicians, clinicians, patients, and families, please visit our website at www.amenclinics.com.

For a full evaluation, two brain scans are ordered, and done at least 24 hours apart (longer is perfectly fine). One of these scans is a “baseline” scan, and the other is a “concentration” scan. The reason for using two brain scans is that it allows our physicians to evaluate the changes in brain blood flow patterns from a resting state to a concentration state. This information then allows our medical professionals to provide a more complete diagnosis.

When your scan begins, you will be placed in a quiet room and a small IV line will be inserted into your arm. For those who have sensitive skin or are afraid of needles, we offer Emla (Lidocaine) cream to numb the area of the arm where the injection is administered. During the “concentration” scan, you will take a 15-20 minute computerized test that measures your attention and focus. For the “baseline” scan, you will be instructed to sit quietly and relax. During this period of time (whether you are taking the computer test or relaxing), the imaging solution is then injected through the IV, which travels to your brain.
Once the imaging solution has been given time to be absorbed, you will be taken to the scan machine. The machine itself (Picker Prism 3000, shown above) has three cameras that will rotate around your head. The process is typically 20-25 minutes and requires you to be completely still.

**SPECT Scans and Medication**

We know some patients worry they may not get accurate scans on medication, but many of our patients are scanned on their medications and the scans are still very valuable.

Never discontinue any medication or nutritional supplement necessary to your physical health. These include, but are not limited to, blood pressure medications, blood thinners, diabetes medicines, thyroid medications, and medications that treat heart or lung problems.

If you decide to be scanned off all medications and supplements, ALWAYS check with your healthcare provider. In general we recommend patients:

- Discontinue stimulants four days prior to your first scan appointment.
- For other psychiatric medications it depends on the particular half-life of each medication. Always check with your doctor before reducing or discontinuing your medication. Only reduce or stop your medication under your doctor’s supervision.

If helpful, you can arrange a phone consultation with one of our doctors to help you and your personal physician with questions about discontinuing medication and supplements prior to your scans.

**Most importantly,** STAY on your medications and supplements as usual if you are not able to discontinue them within these guidelines. **DO NOT** reduce the dose a few days prior to your scans, which could confound your scan results.

**Quantitative electroencephalography (qEEG) - only performed in the Orange County, Reston and New York clinics**

Quantitative electroencephalography (qEEG) is the measurement of electrical patterns at the surface of the scalp which primarily reflect brain activity or “brainwaves.” Color maps are used to represent the activity. You can then see which areas of the brain are under active or overactive and how the neurons in the brain are communicating with each other.

The results of the qEEG provides additional information the clinician can use to help in guiding treatment, such as with medication, supplements or neurofeedback.

**Final Evaluation**

After completing your scans, qEEG (if applicable) and history appointments, you will meet with your ACI physician for your final evaluation. Though you will not meet with Dr. Amen personally, you can be confident in knowing that each of our physicians has been individually trained by Dr. Amen. In addition, Dr. Amen often consults with our medical professionals in complex cases.

Although your treatment plan may include recommendations for prescription medications, we cannot guarantee that you will receive a written prescription from one of our medical professionals. During
your final evaluation, your assigned medical professional will discuss whether or not it is possible to continue treatment with him/her in our clinic.

If you are coming to our clinic from out-of-state, we strongly recommend that you find a health practitioner in your area (prior to your visit with us) that is willing to work with us in collaboration with your care. In these cases, we can provide prescription treatment recommendations; however, they must be agreed upon and implemented by your local treating doctor. Unfortunately, we cannot write prescriptions for out-of-state patients, as that would constitute practicing medicine in another state without a license.

It should be noted that ACI is often utilized by people around the world as an ongoing consultation service. In addition, our recommendations often include treatments other than prescription medications (e.g. natural supplements, biofeedback, diet/nutrition plans, exercise, various forms of therapy, etc.).

**Aftercare**

The aftercare appointment is 45 minutes long and scheduled one week after the final evaluation with a clinic Aftercare Provider. The provider will help the patient process their feelings about their results and treatment plan, implement their treatment recommendations, trouble shoot potential barriers and collaborate with the patient to create an action plan and effective goals. All of which are intended to accelerate treatment implementation and increase treatment success.

**Follow-Up Appointment**

The follow-up appointment is typically scheduled 2–4 weeks after your final evaluation.

Patients who are not continuing patients of ACI (e.g. out-of-state patients) utilize this follow-up appointment in a variety of ways. You may coordinate this appointment with your local treating physician so that he/she can address any questions/concerns regarding our medical professional’s recommendations. Patients may also schedule this appointment as a phone appointment to discuss treatment progress, as well as address any remaining questions/concerns.

**Policies**

**Initial Deposit**

Due to the complex nature of our evaluation process, a non-refundable deposit is required to make and hold your appointments. This initial deposit must be paid at the time appointments are scheduled, and it is then applied to the complete payment of services.

**Payment Information**

We are a fee for service clinic and require that you pay before (or at the time of) a scheduled appointment. Personal checks, cashier’s checks, Visa, MasterCard, American Express, and Care Credit are accepted. **We do not accept cash.**

**Cancellations**

Thank you so much for allowing us to serve you as a patient. When we schedule an Evaluation, we ask for a non-refundable deposit. We do this because when you are scheduled, we are blocking several
hours of appointments on 4 different provider schedules and ordering pharmaceuticals specifically for you.

This initial deposit must be paid at the time appointments are scheduled, and it is then applied to the complete payment of services. In order to receive a refund of your initial deposit, you must cancel your appointment no later than 3 business days from the time you scheduled your initial appointments. If you choose to cancel your appointments after this time your deposit will be non-refundable.

Changes or cancellations of consultations, must be made a minimum of 24 business hours before their scheduled time. Please note that 24 business hours would require that an appointment for 9:00am on Monday be cancelled no later than 9:00am the prior Friday to avoid being charged.

Rescheduling
If you need to reschedule, please give us at least 2 business days to make the change, otherwise it will be considered a cancelation.

Insurance/Medicare
Amen Clinics, Inc. does not bill insurance. Additionally, we are not Medicare, Medicaid, or Medi-Cal providers. At the end of the evaluation, patients are given a “walk-out statement” containing applicable diagnosis and billing codes, which can then be submitted to insurance companies for possible reimbursement. Our doctors and therapists are not affiliated with any insurance plans or networks. As a result, insurance carriers will regard fees and treatment incurred at the Amen Clinics, Inc. as an out-of-network procedure. Please check with your insurance provider for any mental health benefits

Discounts
Amen Clinic, Inc. provides patients with a 10% Friends and Family discount for the full evaluation when bringing in another patient. The first full evaluation will be full price and the 10% discount will apply to each additional family member or friend. If more than one patient is scheduled for an evaluation at the same time, we will honor the 10% discount for both.

Fees and Other Evaluation Options
Below is a list of the different types of evaluation options and the fees associated:

- Full Evaluation: clinical history, two brain SPECT scans, WebNeuro, SCID assessment, evaluation with an ACI physician, aftercare appointment with an ACI staff, as well as a 20-25 minute follow-up appointment with your ACI physician is $3,950
- Partial Evaluation (same as full but only concentration scan performed): $2750
- Clinical Evaluation (no scans performed): $1300
- Add On to any evaluation:
  - qEEG available in Orange County, Reston and New York. Priced by local market
  - Comprehensive Labs and Review with Director of Integrative Medicine: $849
- Half sessions appointments (20-25 minutes) are $200
- Full session appointments (45-50 minutes) are $400

CPT-4 Procedure Codes
Tax ID: 91-2055998
The following CPT procedure codes are primarily used and have been provided for your reference. Additionally, the fees associated with each procedure are also listed. Fees are subject to change without notice.

<table>
<thead>
<tr>
<th>CPT Code</th>
<th>Description</th>
<th>Fee</th>
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<tbody>
<tr>
<td>78607</td>
<td>Tomographic (SPECT) x 2 Concentration and Resting</td>
<td>$1,200</td>
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<tr>
<td>96103</td>
<td>Psych. Testing (computer assisted)</td>
<td>$150</td>
</tr>
<tr>
<td>96103</td>
<td>Psych. Testing (Webneuro)</td>
<td>$0</td>
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(SPECT Scans)

<table>
<thead>
<tr>
<th>CPT Code</th>
<th>Description</th>
<th>Fee</th>
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<tbody>
<tr>
<td>99205</td>
<td>Initial Comprehensive and Management Evaluation</td>
<td>$300</td>
</tr>
<tr>
<td>90889</td>
<td>Preparation of Initial Report</td>
<td>$100</td>
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(Clinical History)

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<tr>
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<th>Description</th>
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<tbody>
<tr>
<td>95812</td>
<td>qEEG 40-60 minutes</td>
<td>varies</td>
</tr>
<tr>
<td>90887</td>
<td>Explanation of Results</td>
<td>by market*</td>
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(qEEG)

<table>
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<tr>
<th>CPT Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>90792</td>
<td>Psychiatric Diagnostic Evaluation</td>
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<tr>
<td>90885</td>
<td>Psychiatric Evaluation of Records, Reports, and Tests</td>
<td>$75</td>
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<tr>
<td>90887</td>
<td>Interpretation or Explanation of Results</td>
<td>$175</td>
</tr>
<tr>
<td>90889</td>
<td>Preparation of Final Report</td>
<td>$75</td>
</tr>
<tr>
<td>96103</td>
<td>Psych. Testing</td>
<td>$100</td>
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(Doctor's Evaluation)

<table>
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<th>Description</th>
<th>Fee</th>
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<tbody>
<tr>
<td>99214/90833</td>
<td>Office Visit/Therapy (20-25 minutes)</td>
<td>$200</td>
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</table>

(Follow-Up)

*a $50 discount applies when qEEG and at least one SPECT scan are completed

Frequently Asked Questions

What is SPECT Imaging (Single Photon Emission Computer Tomography)?
Brain SPECT imaging is a nuclear medicine procedure that evaluates cerebral blood flow. It evaluates areas of the brain that work well, areas of the brain that work too hard, and areas of the brain that do not work hard enough. The information from the scans, along with a detailed clinical history, helps us understand the underlying brain patterns associated with our patients’ problems and help pinpoint the right treatment to balance brain function.

What is the injection and are there side effects?
Since a SPECT scan is a nuclear medicine procedure, it requires the injection of a very small amount of a radioisotope through a small needle into a vein in the arm. The medicine we inject is not an iodine based dye; therefore people typically do not have allergic responses to it.

How many days do I need to be at the clinic?
You should allow at three days for the complete evaluation process. These days do not need to be consecutive.
What is the success rate?
We recently finished our analysis of a six month follow up study and 76% of our patients showed highly significant improvements. However, our success rate varies with each case. We see children from two years of age to elderly adults. Therefore, the question is variable and depends on many factors. Many people get better because we have more to offer than traditional psychiatrists who never look at the brain. In addition to clinical history, we look at the underlying physiology. Taken together (history and scans), we are much more thorough in diagnosis and more targeted in treatment plans. In a nutshell, Dr. Amen says he believes that patients get better faster because we have more information.

Will I be seeing Dr. Amen personally for the evaluation?
Due to his writing, research, and teaching duties, Dr. Amen has very limited clinical time and therefore unable to take on new patients.

Does insurance cover this? How can I find out?
Some insurance companies will reimburse for the procedures, however, some do not. In this packet we have included the procedure codes that apply to our services. Your insurance will determine if you will be reimbursed.

Do you offer any discounts, payment plans, or financial assistance?
We offer a 10% discount for friends and family members that schedule an appointment with our clinics as long as the original patient had a complete evaluation with SPECT scans. All payment plans are done through the third party, Care Credit. You apply with Care Credit by calling (866) 893-7864. Their website is www.CareCredit.com.

Do you offer phone consultations prior to scheduling an appointment?
Yes. If you would like to schedule a consultation with a physician, you can do so by calling any of our clinic locations. The charge for a half-session (not to exceed 30 minutes) is $200.00 and a full session (over 30 minutes and not to exceed one hour) is $400.

Can my Amen Clinic physician become my regular doctor?
If you live close by and would like us to provide ongoing treatment for you or your family member, we will consider it, if it is appropriate. However, if you are already working with another physician, we ask that you discuss this decision with your doctor.

If you have any further questions, please call us toll free at 1 (888) 564-2700.