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www.sportconcussion.com

EXPLANATION OF SERVICES & FEES AND CARE PROTOCOL

Dear Parents and Athletes,

Below is some important information so that you may have a better understanding of how we charge for our services and how reimbursement will work. It is our goal to make this process as easy for you as possible so that we may focus on the recovery and healing of your athlete.

The cost of baseline testing is $40 for an individual. Group testing may be at reduced fee based on the size of the group. The baseline testing fee covers the administration of a baseline test and the storing of the patient's data. Baseline testing is not covered by health insurance. For youth athletes, it is recommended that a baseline test is performed every 1-2 years.

Billing for the assessment of sports related concussion (e.g. post injury assessment) typically falls under neuropsychological services. For private insurance patients, we will provide you with a detailed invoice to obtain reimbursement from your health insurance directly. Depending on the type of insurance, the billing may be for in or out of network. In some cases, we may bill you directly for services not covered by your insurance. For HMO insurance (e.g. Kaiser), this care will generally not be covered if you are out of their network.

The cost for care is at the hourly rate of $200. Typically the first meeting after an injury will last between 60-90 minutes. The doctor will explain to you at that time his findings and recommendations on how to proceed. Depending on the severity of the injury, follow up testing and consultations may be necessary, although some appointments may be just for testing and last 30-60 minutes.

We accept credit card (Visa, Master Card) and personal check made to the Mt. Diablo Memory Center. In the cases of financial need, we are able to arrange for alternate payment arrangements or reduced fees. Please discuss this issue with the staff prior to making an appointment. Please do not hesitate to contact our office if you should have further questions.

Patients in Marin County: Dr. Freitag does have limited clinic hours in Marin. If you would like to be seen by Dr. Freitag, please contact his clinic (925) 988-0569 to inquire about his schedule. Otherwise, for athletes needing care, you may contact the Marin Neuropsychology Center at (415) 457-3451 and be seen by Dr. Angelone. Please note that Dr. Freitag and the Mt. Diablo Memory Center have no formal affiliation with the Marin Neuropsychology Center but are able to share clinical information to facilitate the care of a patient as necessary.

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CARE PROTOCOL – WHAT TO DO AFTER AN INJURY

Step 1: Seek Medical Care

The injured athlete may or may not need emergency medical care. Please review the *Post Injury Recovery Guide* available at www.sportconcussion.com and select the "I've Had a Concussion" link for information on when it is appropriate to seek emergency medical care. The athlete should contact their regular physician. When you visit your physician, inform the doctor that you would like to receive a post-injury evaluation by Dr. Freitag to aid in monitoring recovery. Please include Dr. Freitag's name on any release your physician's office may require. We will typically want to see an athlete for post-injury testing 2-3 days after the injury. Please note that it is not necessary to have a baseline test to see Dr. Freitag for post injury care.

Step 2: Contact the Sport Concussion Program/ Dr. Freitag

For the first session, the athlete and parents will meet with the doctor to discuss the injury, any symptoms that the child may be experiencing, and what can be expected during recovery. The athlete will take the ImPACT test and post-injury results will be compared with the child's baseline scores (if available). The first meeting will take approximately 1-1.5 hours. Depending on the severity of the injury, the athlete may need to come back to take follow up testing to continue to monitor recovery. Typically, after the initial visit, follow-up may occur every 5-10 days until post-injury testing scores are equivalent to their baseline scores.

Step 3: Athlete Recovery

Dr. Freitag will instruct the athlete on steps to take to best facilitate recovery. It is important that the athlete rest and minimize physical and mental exertion during this time as instructed by your doctor and/or Dr. Freitag.

Step 4: Return to Play

Once an athlete's post-injury scores match their baseline scores (or return to normal) and they are symptom free, Dr. Freitag will make the recommendation for a graduated return to play. Your physician may want to provide further medical clearance before supporting a return to play. For athletes who participate in high school athletics governed by the California Interscholastic Federation, they will need a signed release from their regular physician in order to be returned to play.

PLEASE KEEP THIS INFORMATION FOR YOUR RECORDS