

## **MELISA Testing for Patients Outside of SF Bay Area/Out of State**

\*Total cost: \$850-\$2050

### Steps to Getting a MELISA Test through MDI Wellness Center:

1. Call or email our office. Our phone number is 925-935-5425 and our email is [info@mdiwellnesscenter.com](mailto:info@mdiwellnesscenter.com). Request new patient paperwork, the MELISA questionnaire, and a list of any medications that can interfere with the lab results (you may find a list of these medications at MELISA.org). Make sure you include information from the material safety data sheet (MSDS) that pertains to any metal implants you have. When all pages are completed, fax them to 925-947-2671 with "Attn: Dr. Jelter."
2. Once we receive your completed paperwork, we will call you to schedule a phone consultation. If you do not hear from us in 1-3 business days, please call us to schedule your phone consultation at 925-935-5425. The private pay cost is \$250 for a one hour phone consultation. Dr. Jelter is in network with Medicare, Aetna, UnitedHealthcare, Anthem Blue Cross, Blue Shield of California, and Cigna. If you have any of these providers, please contact your insurance company to confirm that your phone consultation will be covered. We are not responsible for denied claims.
3. All patients need to have an established primary care doctor that they have seen in the past 12 months. Dr. Jelter functions solely as a consultant, not as a primary care physician.
4. During the phone consultation, we will review your medical history and decide if a blood test for a type IV metal allergy is indicated and if so when to do the test and which metals you should be tested for. Dr. Jelter will need an accurate list of all medications and supplements you take. Some medications such as immune suppressants need to be stopped four weeks prior to the blood test. DO NOT STOP any medications without consulting with your primary care doctor first.
5. Dr. Jelter informs MELISA of how many metals you need to be tested for. They will send you an email invoice for lab processing. The cost of processing the blood at Invitalab in Germany varies with the number of metals tested (\$300-\$1500). Once Dr. Jelter receives confirmation that our office has received payment for the initial phone consultation and MELISA has received payment for lab processing, our office will mail the MELISA kit to you. This kit will contain a lab request, blood sample vials, and six pages of customs paperwork. Do your blood test as soon as possible as the vials will expire, and it can take several weeks to order new ones.

6. Book an appointment at a lab that does "kit draws." The blood draw must be done on a Monday, Tuesday or Wednesday to arrive at Invitalab in Germany within 48 hours of the blood draw. Make sure the lab will release the blood to you. Some labs require you to sign paperwork that you will keep the blood at room temperature in transit to FEDEX. The cost of shipping the blood sample overnight internationally will vary depending on where you live. Currently the cost from the SF Bay Area is approximately \$160.
7. You may want to schedule an appointment and bring the MELISA kit in to the lab in advance so that any questions you may have can be answered prior to the blood draw. Before the blood draw, check the lab hours and schedule a kit draw appointment in the early afternoon to minimize the time interval from blood draw to pick up time at the FEDEX office. Before the blood draw, check the weather en route to Germany. There may be one or more layover locations. If inclement weather is expected, the MELISA kit transport may be delayed more than 48 hours, in which case it is better to postpone the blood draw for one week. You do not get reimbursed for shipping and handling if your kit does not make it in time.
8. Hand deliver your blood sample to a FEDEX office that processes international overnight blood samples (UN3373).
9. Email Dr. Jelter the tracking number to [drjelter@mdowellnesscenter.com](mailto:drjelter@mdowellnesscenter.com) and CC [info@mdowellnesscenter.com](mailto:info@mdowellnesscenter.com) (in case Dr. Jelter is on vacation when you send your sample) and [info@melisa.org](mailto:info@melisa.org). Once we receive confirmation that your blood sample arrived within the 48 hour window, we will call you to set up a 30 minute follow up phone consultation in 3 weeks to discuss the results. If you do not hear from us within 3 days of the blood draw, please contact us to confirm that your blood sample arrived at Invitalab within the 48 hour window. The most critical step is the timing of the blood draw relative to when the sample leaves the FedEx facility. Try to make this as short as possible. Call well in advance with any questions. We recommend starting this process 8-12 weeks BEFORE you need the results. MELISA results may "save your life." MELISA testing saved Dr. Jelter's, and for that, she is forever grateful. See MELISA.org for more information.