**Sher Psychiatry Medication Monitoring Policy**

**What is medication monitoring?**

Medication monitoring is a process that helps your provider understand what medications you are currently taking which could interfere with additionally prescribed medications. The results allow your provider to properly prescribe medication as part of your treatment plan.

**Why perform medication monitoring?**

Prescription medications are a common form of treatment for chronic pain, cognitive, emotional, behavioral and/or other disorders or conditions. However, each person reacts differently to them. Medication monitoring provides your prescriber with essential information for the safe and effective use of your medications.

**What is the medication monitoring process?**

Your office staff will give you directions on how to provide a sample of saliva for testing (urine samples also acceptable). Please follow the instructions carefully. The staff will interpret the preliminary results and send the sample to Infiniti Labs for further analysis.

**What happens once my sample is sent to the lab?**

Infiniti Labs will run a series of tests to confirm the levels of both prescribed and non-prescribed medications in your system. Your prescriber may use these test results (which are confidential per HIPPA regulations) to decide on the best treatment plan for you.

**How often will I be tested?**

Your prescriber will determine the frequency of testing based on your medical needs, but the standard of practice is typically to test every 90-180 days, once the initial phase of treatment planning has been established.

**How do I pay for this test?**

The laboratory will bill your insurer directly for its services. Then, your insurance company will send you an Explanation of Benefits (EOB). The EOB is not a bill. It is simply a statement that shows how your insurer processed the claim for the test. Depending on your insurance carrier, you may receive a statement for a co-payment or a deductible.

**How does medication monitoring help you?**

Many combinations of drugs can be harmful. Medication monitoring helps your prescriber decide on the treatment that is best for you. It can encourage an open discussion with your prescriber about your medications, and can help to keep you safe.