

## UNINSURED SERVICES PROVIDED BY YOUR PHYSICIAN

### OPTION 1 – Block Fee

\$175 per patient. This amount will cover the time period from when your consultation, office visit or procedure takes place until 12 months following that event. This is not a fee for any consult, office visit or procedure. These services are covered by OHIP. The fee includes the services listed below.

SERVICE	OMA & RATES	OPTION 1
Letters to insurance for prescriptions coverage	.....\$18.27 & up.....	Included
Third-party reports (school, work, etc...)	.....\$18.27 & up.....	Included
Attending physician's statement (For Insurance Purposes)	.....\$91.36.....	Included
Letter to Insurance companies for medication coverage	.....\$18.27 & up.....	Included
Failure to appear at scheduled appointment (24 hr notice)	.....\$210.00/hr.....	Included
1st Office Visit (30 minutes = \$105.00)		
2nd Office visit (15 minutes = \$52.50)		
Telephone advice requested by patient (10 minutes max)	.....\$35.00/call.....	Included
Prescription repeats by phone/fax	.....\$15.81/drug.....	Included
Sick notes & back to work notes	.....\$12.18.....	Included
Lost bloodwork or imaging requisition replacement	.....\$18.27.....	Included
Long distance telephone calls	.....\$1.50/min.....	Included
Follow up reports to Family Physician	.....\$45.00 each.....	3 per year
Additional reports to non referring physician	.....\$45.00 each.....	3 per year
Photocopies and transfer of medical records		
– Up to 5 pages	.....\$30.61.....	Included
– Each page thereafter	.....\$1.20/page.....	Included

### MEDICATIONS FOR PAIN MANAGEMENT PROCEDURES/INJECTIONS

Xylocaine 2% / Marcaine 0.5% / Depomedrol 40mg/ml (for nerve blocks and trigger point injections)	.....\$60.00.....	\$30.00
Botox Administration Fee (Botox medication not included)	.....\$300.00.....	\$200.00

### THE FOLLOWING SERVICES ARE NOT COVERED BY THE BLOCK FEE:

- Medical Legal reports at request of lawyer – paid for by lawyer
- Letters to insurance companies – paid for by insurance companies
- Treatment plans to insurance companies – paid for by insurance companies
- Botox medication (may be covered by personal insurance)

Please refer to the "Guide to Uninsured Services" for more detailed information on each service.

### OPTION 1

Block Fee ..... \$175.00

### OPTION 2

You may pay separately for the above services if you wish, and you will be billed according to the OMA and Retail rates. Payment must be made prior to the service being rendered.



## O.H.I.P. COVERAGE

- All medical consultations and treatments including drug and dietary counselling, nerve blocks, trigger point injections are fully funded by O.H.I.P. Acupuncture, Myofascial Therapy and Botox, are covered by third party insurance and motor vehicle accident benefits.

## WHO WOULD BENEFIT FROM A REFERRAL?

- Any patient with chronic tension type headaches, frequent migraine headaches, post traumatic headaches, chronic neck pain, whiplash and facial pain, whose lives are adversely affected by their chronic pain condition, or those patients that require constant analgesic consumption to manage their headaches. Consultation by physician referral only.

All patients will be referred back to their family physicians for their general medical care.

## HOW TO REFER?

Telephone: (905) 475-9700  
Fax: (905) 475-5913

By mail:

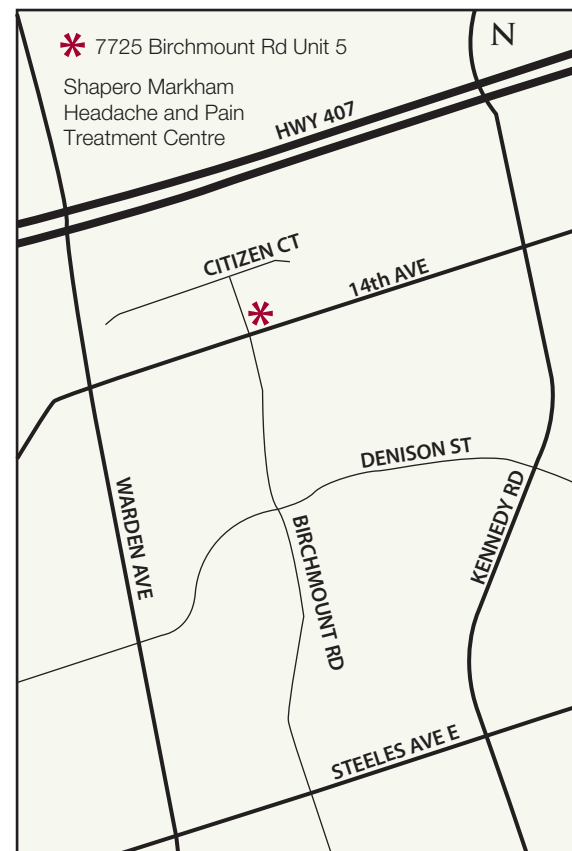
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THE SHAPERO  
MARKHAM HEADACHE  
AND PAIN  
TREATMENT CENTRE  
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A MULTIDISCIPLINARY APPROACH  
TO THE TREATMENT OF:

Migraine Headaches  
Tension Headaches  
Post Traumatic Headaches  
Cervicogenic Headaches  
Neck Pain  
Facial Pain  
Myofascial Pain Syndromes

## BACKGROUND

■ Gary Shapero B.Sc., M.D., C.C.F.P., D.A.A.P.M., has been working in the field of pain and headache management for the past fifteen years. He has been Board Certified as a Diplomat of the American Academy of Pain Management. He is currently an active member of the American Association for The Study of Headache (AASH), International Headache Society (IHS), International Association for the Study of Pain (IASP), The Canadian Pain Society and the American Academy of Pain Management (AAPM).

## WHAT IS THE SHAPERO MARKHAM HEADACHE AND PAIN TREATMENT CENTRE?

■ The Shapero Markham Headache and Pain Treatment Centre is a facility specializing in the multidisciplinary treatment of chronic head, neck, facial, and myofascial pain syndromes. Our approach to the management of headache and chronic pain is comprehensive, incorporating physical, psychological, and pharmacological rehabilitation for our patients. Our objective is to break the chronic pain cycle and to maintain a pain-free state. Patient education and counselling are fundamental components of our program.

## WHAT SERVICES DO WE OFFER?

**After a thorough medical assessment, an individualized treatment plan is formulated. The Shapero Markham Headache and Pain Treatment Centre offers the following rehabilitation services:**



### Radiologically Guided Diagnostic Nerve Blocks

Cervical facet diagnostic nerve blocks are the only diagnostic test that has been proven by controlled randomized double blind studies to be specific and reliable in diagnosing the cervical facet joint as the source of chronic headaches, neck and back pain.

### Therapeutic Nerve Blocks and Trigger Point Injections

In selected patients, infiltration of a local anaesthetic (nerve block) to the upper cervical paravertebral nerves, occipital nerves and cervical facet joints, is a powerful tool in breaking the headache pain cycle. This procedure often results in long-lasting pain relief.

Infiltration of a local anaesthetic into myofascial trigger points in coordination with active stretching and physiotherapy, is an extremely effective method of treating myofascial pain syndromes.

### Physical Therapies

Physical therapies are an integral component of any pain management program. Physical therapies will be provided either on-site or coordinated for the patient as deemed appropriate by the medical staff.

### Pharmacology

Patients are counselled regarding excessive analgesic and narcotic use, which often compound their headaches rather than alleviate it. Drug withdrawal techniques are employed whenever necessary, while prophylactic headache and pain medications are prescribed.

### Psychotherapy

The psychological component of chronic pain must be addressed if total rehabilitation and wellness are to be achieved. Psychological counselling addresses issues of fear and anxiety, coping and organizational skills, as well as family relationships to help patients deal with their pain.

### BOTOX

Botox injected into the frontal, temporal and occipital region of the head can prevent headaches for up to 3 months.

### What are uninsured services?

As you are likely aware, the Ontario Health Insurance Plan (OHIP) funds the majority of health care services. Some services have never been covered. These are known as uninsured services. This brochure will outline and explain in more detail these common services.

Many physician's offer their patients a choice on how to pay for these services. Physicians feel that offering you a "block" or annual fee program is the best way to do this. As part of the block fee program you will receive the services you need as per the complete service list your physician has selected.

### What is a block fee program?

A block fee by definition is a voluntary option that allows patients to pay ahead (on a yearly basis), for a particular group of clearly-described uninsured services.

### What services are included in the plan?

As a member of the block fee program, you are eligible to receive any or all of the services listed on the Service List.

### Benefits of Participating in the Block Fee Program are:

- It is easier to pay in advance
- Improved office efficiency reduces wait times
- No surprises with medical bills
- It can save you money

### I don't use any of these services; do I still need to sign up?

The answer to this question is not simple. Think of the block fee program as insurance from your physician. You may have never been in a car accident, but you still buy insurance in case something happens. If you choose not to purchase the plan, your physician WILL bill you at the Ontario Medical Association recommended rates for any services or procedures that are on the service list.