

Phone and e-mail appointments are for established patients only.

For more medical information, check out Dr. Friedman's website at www.goodhormonehealth.com.

Dr. Friedman offers his services as an Endocrinology specialist and is happy to diagnose and treat you for your endocrine problems; he does not function as a primary care physician, who you should have for non-Endocrinology issues. He is busy and does not have "free time". Most of your care with him should be during your current or future appointment time.

Insurance

Dr. Friedman does not take insurance for the appointment, but gives you a superbill for submission to insurance. Laboratory tests are usually covered by insurance. He is not part of any insurance network; he does not process insurance.

Costs

Dr. Friedman charges \$500 an hour. If your appointment goes for less time, he charges less. Example: if your appointment is only 30", he will charge you \$250. To help patients save money, we tell them to be organized with their thoughts and questions, so as to keep the appointment under an hour, if possible. It is helpful to organize your endocrine laboratories (Dr. Friedman is probably not interested in your "routine" laboratories, such as CBC or electrolytes) on a spreadsheet and bring in to your appointment (but don't submit in advance), a list of your medications, history and symptoms.

Payment Options

Dr. Friedman now takes PayPal, credit cards, cash or checks at his clinic on Tuesday nights.

Deposits Always Due for Appointments

Appointments should be made on the appointments tab of www.goodhormonehealth.com. If you are unable to schedule on his website, email us at mail@goodhormonehealth.com. Dr. Friedman asks new patients to pay a refundable \$100 deposit for an appointment; established patients to pay a refundable \$50 deposit for an appointment. Payments are secure and via PayPal on the Appointments tab of www.goodhormonehealth.com. Deposits are due at the time of the appointment and will be deducted from your consultation fee the night of your appointment. Keep your PayPal receipt.

Deposits are refunded if cancellation is before 48 hours of the appointment time. If you pay your deposit and postpone your appointment and then cancel it, deposits will only be refunded in the first 2 months after the deposit.

If you do not wish to use PayPal, you may mail a deposit, by check, to Dr. Friedman, Hawkins 3071, Charles R. Drew University, 1731 E. 120th St., but it has to be received by 5PM, the Friday before the Tuesday appointment.

Appointment Times

Dr. Friedman only sees patients in person on Tuesday night. The first appointment is at 5:45 PM, the last is scheduled at 9:45 PM. Most new patients can expect to be seen for an hour, or less if you are organized. Dr. Friedman sticks to his appointment schedule, but some patients take more time than scheduled and Dr. Friedman tries to give each patient as much time as

needed. Therefore, be patient and relax and get to know the other patients waiting to see Dr. Friedman. Wifi is available in the waiting room.

Address

1125 South Beverly Drive, Ste. 730
Between Whitworth and West Pico.
Near Beverly Hills.

Do not confuse Beverly Drive with Beverly Blvd.
Underground parking available until 6:00 PM.
Street parking free after 6:00 PM.
Must ring a buzzer to get in after 6 PM.
Safe neighborhood.

Bring Records With You to Appointment; Do Not Send Ahead of Time

🌐 DO bring records to your appointment, please bring all records concerning endocrine testing. Organize them into spreadsheets of endocrine labs, history, medications and symptoms
🌐 DON'T send records ahead of time; they might get lost, and there is not enough storage.

Phone and E-Mail Appointments

Phone and e-mail appointments are for established patients only. Phone appointments are NOT for patients who haven't set an in-office visit with Dr. Friedman yet. There are no exceptions. Our apologies to out-of-state and out-of-country patients. FaceTime appointments are available for those who live in California and are at least two hours away from Dr. Friedman's office. Following your consultation with Dr. Friedman, you may have a blood draw in the office that night, by Dr. Erik Zuckerbraun. You will not be charged for the time you wait for, and attend, your blood draw. Expect to possibly go late; Cushing's patients especially - Dr. Friedman likes to blood test Cushing's patients around 11:00 PM. Some patients will be instructed by Dr. Friedman to have morning testing. If you think you have Cushing's disease, do not wear makeup. Dr. Friedman likes to see your true complexion. You may leave after your appointment for a break, and come back later that night for blood testing.

Please bring your insurance card, as you will be asked to fill out your insurance information on the blood testing requisition (called a req.) If you don't fill out your insurance information, we will email you later and ask you to call the lab and give your information, further delaying your results. You may also be charged by the lab for full price.

Please also bring your pharmacy number.

The weekend after your appointment, Dr. Friedman will send you a formal dictation of your history, condition and plan. A week and a half later, Dr. Friedman will send you an email of your lab and imaging results, with recommendations.

Dr. Friedman is happy to answer one or two short questions (that can be answered on his smartphone) following your appointment. He is a busy doctor and doesn't have free time, so please schedule a followup appointment if you have additional questions.

Record your appointment

Tape record, bring your digital camera, use your cell phone, or even ask a friend or family member to take notes, but record your appointment. Dr. Friedman will give you loads of information, and you will not want to miss or forget any important, hard-earned, information. Dr. Friedman will ask you to sign a consent to record.

Other doctors

Dr. Friedman is an MD, PhD (CV on www.goodhormonehealth.com), does research and sees patients during the day at MLK Outpatient Center. He asks that you use him in concert with a local primary doctor who knows and understands your condition and can assist you on day to day issues. He is happy to send your dictation and lab results to you to give to other doctors. He believes that health care has changed and that the patient needs to coordinate (be the quarterback) their own care. The days of asking doctors to release information (that already belongs to you) are long gone.

Ignorance of the Law is No Excuse

Dry as it is, we ask that patients read this practice description, and keep it for future reference. This information is also on the website. If a patient schedules his/her appointment on-line, the software will not allow the patient to set the appointment until the patient acknowledges he/she has read the practice description. Thank you for understanding, and helping us help you. See you Tuesday night!