



# Choice Care

by  
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Private Medical Services

## IF YOU HAVE AN HMO

- 1) How do I know if I have an HMO?

Look at your Insurance card and you may see the letters HMO.

Look at your Insurance card and you may see the letters IPA.

Look at your Insurance card and you may see the letters POS.

You might want to call the insurance company, the number should be on your card and ask them specifically.

- 2) What HMO does **Choice Care™** work with?

**Choice Care™** doesn't have a contract with any HMO but we will work with you and the PCP on your card to get you the proper referrals.

- 3) How do I get an authorization?

If you need an authorization to see a specific physician who is on the "list" of you IPA (independent physicians association.... The name is on your card and should read Alamitos IPA, we will give you a direct authorization to see that physician and you should not have a problem going there. You may call their office directly and make an appointment or ask our office to do that for you.

If that physician (the specialist) wants you to have a test, they may write your authorization directly and there should be NO PROBLEM because the specialist does have a contract. They have the opportunity to request tests and lab or they may request a procedure (like an operation) and that should be done promptly without any interference.

We may also directly request labs without a problem so long as you use UNILAB.

We may also directly request simple x-rays and mammograms with a simple authorization.

- 4) What hospital must I use?

The Alamitos IPA utilizes Los Alamitos Medical Center and you should use that ER and that hospital when you get your mammogram, an x-ray or have a procedure. Total Care is directly affiliated with Los Alamitos Medical Center.

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5) What is the procedure when I need a mammogram?

The procedure is simple but must be followed exactly.

First you must call our office and ask for an authorization.

You should come and get a copy of that authorization when you have the chance before the day of your test.

You must take a copy of that authorization with you when you have the mammogram.

You must tell the people at Total Care that a copy of the result **MUST** be sent to Dr. Zwelling immediately and that if there is anything wrong or if there is any question, the radiologist must speak with Dr. Zwelling immediately and give them our phone number, 562-596-7485. Give them our fax number, also.

Our fax number is 562-596-4360.

**On the day of the mammogram, do not use any deodorant or powder.**

Arrive at Total Care at least 30 minutes prior to your appointment.

If you have copies of previous mammograms, take them with you.

If you have had mammograms at other facilities, but you do not have those films, you should call that facility and arrange to get those films prior to your mammogram at Total Care. Obviously, take those films with you. Do not bring copies of your films here.

Allow 5 business days and if you have not heard from us confirming the result of your mammogram, please call the office.

**Mammograms are usually performed yearly after the age of 40 or may be ordered more often at the discretion of a physician. If you have a mass, a pain or any question about your breast, call us immediately.**

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