



Our Care Team

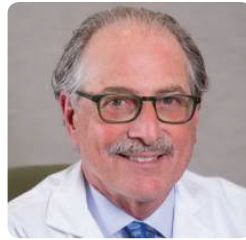
RMA of Philadelphia

1-855-RMA-inPA | 1-855-762-4672

www.rmanetwork.com



Dr. Arthur J. Castelbaum, MD graduated from Washington University with degrees in both Biology and Medicine. His OB/GYN residency and Infertility fellowship training were done at the University of Pennsylvania. He has been featured in Philadelphia Magazine, on The Discovery Channel, voted Top Doc.



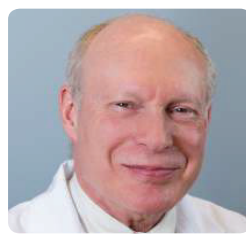
Dr. Martin F. Freedman, MD received his medical degree from Wayne State University and completed his postgraduate fellowship in Reproductive Endocrinology and Infertility at the University of Pennsylvania Medical Center. He was responsible for the first cryopreserved embryo pregnancy in the Mid-Atlantic region.



Dr. Jaqueline N. Gutmann, MD received her medical degree from Yale University School of Medicine. She completed her residency and fellowship in Reproductive Endocrinology and Infertility at the Yale-New Haven Hospital where she received the Irving Friedman Award for Excellence in Patient Care. She has been voted Top Doc and has received countless awards for her work.



Dr. Allison Lange, MD received her medical degree from Virginia Commonwealth University. She completed her OB/GYN residency at the Emory University School of Medicine and her fellowship in Reproductive Endocrinology and Infertility at Massachusetts General Hospital. Following her fellowship she teamed with researchers from Massachusetts General Hospital and Harvard School of Public Health for infertility research.



Dr. William D. Schlaff, MD is a graduate of Yale University and the University of Michigan Medical School where he did his OB/GYN residency. He completed his fellowship at John Hopkins where he served on the faculty for 8 years and then 22 years at the University of Colorado. He is now Chairman of the Department of OB/GYN at Thomas Jefferson University in Philadelphia.



Dr. Jeffrey Thorne, MD received his medical degree from the University of Connecticut School of Medicine, where he went on to complete his residency in Obstetrics and Gynecology and his fellowship training in Reproductive Endocrinology and Infertility. He has a bachelor's degree in biology, a master's in development and stem cell biology, and a master's in clinical and translational research.



Kelly Graves, BSN, RN, MSN, RNC has her MSN in Nurse Midwifery from University of Pennsylvania and is board certified by NCC in Reproductive Endocrinology and Women's Health. She received her BSN from Thomas Jefferson University before commissioning in the Army Nurse Corps where she served for 17 years before retiring.



Jennifer Guglielmi, MSN, FNP-C received her Master's in Nursing in Family Health from Drexel University. She received her Bachelor's in Nursing from the University of Scranton. She began her career as a 2nd Lieutenant in the United States Army. She was stationed at Brooke Army Medical Center and Fort Campbell as a labor and delivery nurse.



Surgical Center

RMA of Philadelphia

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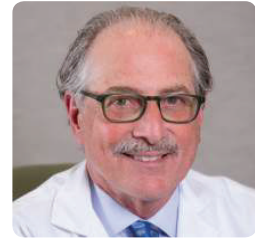
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Our Ambulatory Surgical Center (ASC) is located adjacent from our King of Prussia office. If your treatment plan requires an appointment in the ASC, our surgical coordinators will contact you to schedule your procedure.

Surgeries are performed at the RMA of Philadelphia Surgery Center in King of Prussia.



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Mental Health Professionals

We understand that infertility may not only be physically challenging but emotionally challenging for both men and women. As part of our Patient Support Program, we have teamed up with these specialists to provide you with support groups, mind and body programs, as well as individual and couples counseling.



Andrea Boxer, PhD
931 Hollow Road
Radnor, PA 19087
Office: 610-687-4564



Andrea Braverman, PhD
833 Chestnut Street
Mezzanine
Philadelphia, PA 19107
andrea.braverman@jefferson.edu
Office: 215-955-9216



Keren L. Sofer, PsyD
100 South Broad Street,
Suite 915
Philadelphia, PA 19110
Office: 267-603-2402

If you have any questions or concerns please ask your physician, nurse or another member of the RMA team for assistance.



Patient Support Program

Whether the goal is to manage stress, cope with loss, help others understand, or confidently make treatment decisions, resources are available to help. These are patient approved just for you!

BOOK(S):

Hilariously Infertile by Karen Jeffries
Conquering Infertility by Dr. Alice Domar
Not Pregnant by Cathie Quillet
Stick It To Me, Baby by Danica Thornberry
It Starts With The Egg by Rebecca Fete
Every Drunken Cheerleader: Why Not Me? by Kristine Ireland

WEBSITE(S):

<https://resolve.org/>
<http://www.path2parenthood.org/>
<https://endometriosisassn.org/>
<https://www.myendometriosissteam.com/>
<https://www.mypcosteam.com/>

LGBTQ FOCUSED:

For the LGBTQ community, most of the big local groups are included here: <https://rmanetwork.com/explore-your-treatment-options/options-for-lgbt/>

FACEBOOK PAGE(S):

Big Fat Negative

TWITTER:

Big Fat Negative

FACEBOOK GROUP(S):

Talk Fertility
Path to your Fertile Self
Fertilitalk 2.0
Sacred Fertility

PODCAST(S):

IVFML – By Huffpost
Big Fat Negative: TTC, Fertility, Infertility and IVF
Matt&Doree's Eggcellent Adventure
The Fertility Podcast
Black Girls Guide to Fertility
Beat Infertility (also has an app*)
The Fertility Podcast

EMAIL SUBSCRIPTION(S):

Circle&Bloom www.circlebloom.com
Rosanne Austin www.frommaybetobaby.com
Dr. Emma Brodzinski www.emmabrodzinski.com

INSTAGRAM:

@rmanetwork
@bigfatnegative
@fertilitypoddy (The Fertility Podcast)
@Hilariously_Infertile
@beatinfertility
@rosanneaustininfertility
@infertilitymemes
@cathiequilletlmft
@fruitful_fertility
@resolveorg
@triumphsandtrials
@still_i_rise_stories

Are there any books, blogs, meet-ups, social accounts, groups, podcasts etc. that you found to be helpful during your journey that you'd like to share? Let us know!

In your New Patient Folder we have provided a list of mental health professionals that specialize in fertility. If interested in acupuncture, please speak with the clinical team.



Patient Gratitude Program

We are so grateful that you chose RMA for your fertility care! We value your referrals and feedback from your experience. To show our appreciation, here are some ways for you to receive a gift card:

- Refer a New Patient to RMA of Philadelphia
- Complete a New Patient Visit Survey after your consultation
- Leave a review on any of our social platforms or online review sites
- Submit Patient Experience Surveys

**Thank you for choosing our practice,
*The Physicians & Team at RMA of Philadelphia***



Get connected with RMA of Philadelphia

Nutrition for Fertility and Health Pregnancy



- ❖ Schedule a one-on-one session of our Registered Dietitians to learn more about what you can do to optimize your fertility and have the healthiest pregnancy possible.
- ❖ Registered Dietitians are an important part of your medical team. They will develop an individualized program for you that is realistic and easy to maintain as you try to conceive and support you throughout your pregnancy.

Consultations with the Registered Dietitians are covered by most medical insurance policies, in-network.

HIPAA compliant virtual consultations are now available!

**For more info and to schedule a consultation
Call: 908-495-1150 or Email: Nutrition@ivirma.com**





Important billing information for patients

If you choose to have Sema4 carrier screening you will submit a blood or saliva sample to the lab. Once your sample is received you will receive an email from Sema4 asking you to create a login and register for an account. You will then receive a text within the next 24 hours asking if you would like to undergo a benefits investigation in order to understand if your insurance will cover this test. If you say yes, you will receive a phone call from Sema4 within 48 hours. If you do not respond to these messages your sample will be run and your insurance will be billed.

We highly recommend you going through the benefits investigation prior to submitting to insurance directly because if you have a high deductible or out of network plan, you can defer to the cash pay price of \$249 immediately.

If you have insurance that is in-network with Sema4: Most insurance companies are in-network with Sema4 so most patients will have some coverage for the test. You do not need to have fertility coverage to have this particular test covered. Most patients with insurance will pay less than \$100 for this test.

If you have insurance that is out-of-network with Sema4: You will discuss your payment options directly with Sema4. You will always have the option of deferring to the cash pay price of \$249.

If you do not have insurance: The cost for testing will be the cash pay price of \$249.

If both you and your partner have testing, the maximum cash pay price will be \$349.

If your insurance is billed, you will receive a “welcome letter” in the mail, asking you to contact Sema4 for more information. You may still receive an estimate of benefits (EOB) from your insurance company for testing through Sema4/Mount Sinai. **This is not a bill.** Although the price billed to insurance is between \$4,000 - \$10,000, the cost to you after insurance adjustments is typically much less than this. You will always have the option of deferring to the cash pay price of \$249 (\$349 for couples) at any time. If you are interested in discussing the option of a payment plan, please contact Sema4 directly.

If after receiving your cost estimate you no longer wish to proceed with testing, you may cancel your test at this time by contacting Sema4 directly by phone or email. Requests to cancel testing must be received within 48 hours of receiving the initial text. You will be asked to sign a form confirming the cancellation.

sema4 contact information:

billing@sema4.com

1-800-298-6470



Zika

Travel Advisory

The Centers for Disease Control and Prevention (CDC) has issued a travel advisory due to the Zika virus.

Men and women trying to conceive and women who are pregnant are advised to consider postponing travel to areas where Zika virus transmission is ongoing. Men and women who travel to one of the affected areas should take special precautions.

Waiting period prior to attempting pregnancy:

If the traveler to this area is **female**, wait at least **8** weeks after the last possible exposure or after symptoms start (if she developed symptoms) before trying to conceive. During this waiting period, use condoms or do not have sex.

If the traveler to this area is **male**, wait at least **3** months after the last possible exposure or after symptoms start (if he developed symptoms) before trying to conceive. During this waiting period, use condoms or do not have sex.

Please alert us if you or your partner have travelled abroad or are planning to travel. Be sure to visit www.cdc.gov/zika for updated travel advisories.



RMA at Jefferson
625 Clark Avenue, Suite 17B
King of Prussia, PA 19406
Phone: (215) 654-1544
Website: www.RMAnetwork.com

Driving Directions:

From Blue Bell Area (approx. 22 minutes):

Start out going North on Penlyn Blue Bell Pike toward Skippack Pike/W. Skippack Pike/PA-73
Turn Left onto Skippack Pike/PA-73 1.6 Miles
Turn Left onto DeKalb Pike /US-US-202 1.3 Miles
Turn Slight Right onto Swede Rd. 1.9 Miles
Turn Right onto Allendale Rd. 0.4 Miles
Turn Right onto Clark Ave. (Metropolitan Business Park)

From Center City Philadelphia Area (approx. 30 minutes):

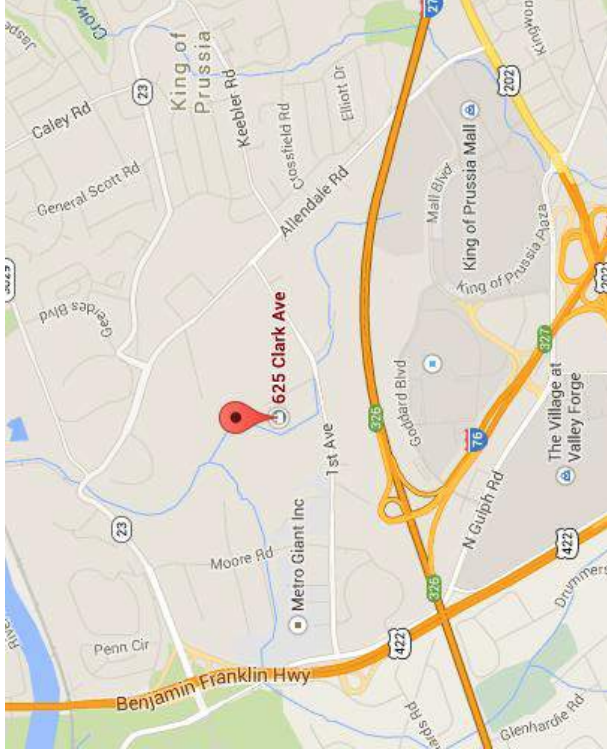
Take John F. Kennedy Blvd/PA-611 N. to get onto Schuykill Ave/PA-3 W.
Merge onto I-76 W toward Valley Forge 1.0 Miles
Merge onto W. DeKalb Pike/US-202 N. via Exit 328B toward King of Prussia 16.9 Miles
Turn Left on Allendale Rd. 0.9 Miles
Turn Left onto 1st Ave. 1.0 Miles
Turn Right onto Clark Ave. (Metropolitan Business Park)

From Langhorne Area (approx. 39 minutes):

Take US-1 S. 0.4 Miles
Take PA Turnpike exit to merge onto I-276W/PA Turnpike toward Harrisburg 25.0 Miles
Merge onto I-76 E via Exit 326 toward I-476/Philadelphia/US-202/Valley Forge 0.9 Miles
Get into your far right lane after rounding the bend/ go to far right toll booth
Take first exit to merge onto N. Gulph Rd./PA-363 via Exit 327 toward Valley Forge 1.1 Miles
Turn Right onto First Ave.
Turn Left onto Clark Ave. (Metropolitan Business Park)

From Willow Grove Area (approx. 31 minutes):

Take Eason Rd./PA-611 N. 16.7 Miles
Merge onto I-276 W./PA Turnpike toward Harrisburg 0.9 Miles
Merge onto I-76 E. via Exit 326 toward I-476/Philadelphia/US-202/Valley Forge
Get into your far right lane after rounding the bend/go to far right toll booth
Take first exit to merge onto N. Gulph Rd./PA-363 via Exit 327 toward Valley Forge 1.1 miles
Turn Right onto First Ave.
Turn Left onto Clark Ave. (Metropolitan Business Park)



Insurance Worksheet



As a courtesy, RMA's Financial Team will contact your insurance company to review your benefits. This information will be presented to you during your Finance Consultation. We do encourage you to contact your insurance company as well to ensure you are receiving all of the benefits to which you are entitled. Here is a helpful guide to use when calling your insurance company.

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Does my insurance cover *any* infertility treatments?

Will I need to request a referral? How does this process work?

What doctors/hospitals are participating providers with my plan? *You may need to ask this question if you are being referred for diagnostic testing elsewhere.*

Does the treatment require an authorization or pre-approval?

What is the level of coverage? For what will I be responsible? Are there separate deductibles or co-pays/coinsurance for fertility treatment?

Are there any specific criteria for coverage?

What procedures or treatments are covered? *Ask specifically about any treatments you and your physician have discussed.*

Does my insurance cover any fertility medications and is there a specific pharmacy I need to use?

Does my insurance cover both oral and injectable medications?

Are there any exclusions to my fertility benefits? (e.g. tubal ligation, vasectomy.)

Are there any limitations? (e.g. dollar limit, number of cycles.)