

Ornish Registration

**All participants need the following documents to enroll in the Ornish program:**

* + Referral form (attached) with at least two risk factors checked off (right-hand column) **OR** one diagnosis from either the middle or left columns.
  + Supporting medical records from primary care provider for each diagnosis identified on the referral form
  + Recent lab work (lipid panel) as well as hemoglobin A1C lab work and EKG’s (if applicable)
  + Copy of insurance cards

NOTE: Interested participants can take the referral form directly to their doctor or contact the receptionist at our office to assist with this request.

**Insurances accepted and estimated copayments:**

* + Medicare- $88 per session
  + HMSA Akamai/HMSA PPO/HMSA HMO-$20 per session
  + HMSA Quest-$0
  + UHC Quest-$0
  + Kaiser-$15 per session
  + UHC Medicare- $70-$80 per session

NOTE: If dual coverage is applicable, contact our receptionist to determine if the secondary insurance plan(s) will cover the copayment cost.

NOTE: Specific diagnosis codes are required per insurance plan. For more information, please contact our receptionist.

NOTE: If you have an insurance plan that is not mentioned in the list above, please call our office, we will be happy to review the benefit package with your insurance carrier.

After the referral form and medical records are received and reviewed, we will contact you to schedule an intake appointment. Day and evening classes are offered throughout the year. At the intake appointment, we will schedule you for an upcoming class that fits best with your schedule.

Day sessions: Tues/Thurs only from 10:00a-2:00p

Evening sessions: Either Mon/Wed or Tues/Thus from 4:30p-8:30p

We look forward to working with you. Please call our office if you have further questions.

Ph: 808.932.3455 or Email: huipono@hhsc.org