

PLM METTA Healing Oasis

Premiere Authenticity Appraisals (PAA) FAQs

- ♦ What makes the Premiere Authenticity Appraisal™ different than a standard mental health assessment? A standard insurance psychological examination is a 1-3 hour visit with a therapist that does not touch on very much besides the most looming of problems. The Premiere Authenticity Appraisal™ is a form of preventive-mental health care consisting of psychological and diagnostic evaluations that usually takes a full day to complete. It is guided not by what has been deemed cost effective in any given population, instead it is driven by an individual's unique risks and balanced by available resources to effectively detect preventable psychological symptoms or setbacks. For the past 100 years, similar psychological exams have been administered to pilots, astronauts, Fortune 500 executives, and very wealthy individuals for whom cost is not an issue. As a result, a test that may not be cost effective society at large is still offered for this corporate demand.
- ♦ Cost cutting managed care plans and medical insurances think in terms of populations, not unique individuals. They set standards and restrictions that can inhibit a clinician's ability to deliver truly "best of the best" care. They have a certain budget that must be allocated towards the most important healthcare items. Thus, allocating funds for a sophisticated test may be less appealing to them than making sure everyone in their network gets the most basic evaluative assessments. At METTA Healing Oasis, we think in terms of individuals not populations. Doctors practicing insurance based care are incentivized to bring you back to the office many times since they charge by "office visit". Thus, a comprehensive visit is not as financially rewarding to the insurance based clinician since you only come in for one visit.

Is the Authenticity Appraisal only for executives?

- ♦ The Authenticity Appraisal is not only for executives or other high ranking individuals, but rather for anyone who desires the "best of the best" in mental health care and support. The treatment and consultation offered at METTA Healing Oasis is appreciated by all individuals who value their mental health.

How do I arrange to have my company's executives learn more about METTA Healing Oasis's Authenticity Appraisal?

- ♦ Please contact us at [404-590-8156](tel:404-590-8156) to schedule a consult and personal tour with Dr. Jenkins. METTA Healing Oasis clinicians are also available to present the program at your company's office.

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Is the Authenticity Appraisal covered by my insurance?

♦ The vast majority of insurance companies do not pay for even a very basic annual psychological exam. Since doctors do not get reimbursed for doing psychological exams, most Americans have never received a comprehensive psychological assessment. Some components of the psychological exam may be covered by your medical insurance. The METTA Healing Oasis staff can help you to find out which components are covered by your plan.

How long does the Authenticity Appraisal take?

♦ METTA Healing Oasis's Authenticity Appraisal is performed in three parts.

Part 1: Psychological Examination & Wellness Consultation (3-5 hours)

Part 2: Psycho-Educational or Career Assessments (1-3 hours)*

Part 3: Concluding consultation, review of exam results, Wellness & Lifestyle Consultation, Treatment Plan Development. (1-3 hours)

How soon will I get my results?

♦ Your psychological assessment results are reviewed by you and Dr. J at your concluding consultation. Since analysis, scoring, and interpretation, often take some time to be processed, the follow up consultation usually occurs 2-3 weeks after your Authenticity Appraisal.

Are METTA Healing Oasis patients really healthier, mentally?

♦ It is our experience that METTA Healing Oasis patients are healthier, mentally and have fewer mental health issues, problems and complications. At METTA Healing Oasis, we aim to diagnose and treat mental health conditions in the early stages when they are potentially avoidable and before they spiral out of control, causing a significant change in daily functioning. This leads to a greater ability to cope and implement healthy tools to address and/or alleviate mental health complications, stress, or setbacks in progress, which allows people to live longer, healthier and more satisfactory lives. Dr. J. is also certified as a specialist in treating a variety of disorders, thereby eliminating another source of psychological or substance abuse treatment errors.

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What is the comprehensive wellness and lifestyle consultation?

- ◆ Each METTA Healing Oasis patient receives comprehensive wellness and lifestyle consultation with Dr. J. This discussion touches on many different topics including sleep health, sexual health, mental health, harmful substances, warning signs of disease, trauma prevention, and stress management.

Will you send results to my primary care clinician?

- ◆ By request, I can send a copy of your Authenticity Appraisal results to your primary care physician.

Will I have a chance to eat?

- ◆ You will be provided with a gourmet organic meal from a local Atlanta restaurant following your trauma-assessment/screening. Additionally, at MHO, I offer coffee, teas, and water for your pleasure.

What if I want Dr. J to become my main treating psychologist?

- ◆ In addition to the Authenticity Appraisal, METTA Healing Oasis also offers an exclusive membership where patients can receive VIP mental health care/access throughout the year. An Exemplar membership includes the Authenticity Appraisal and year-long VIP care. For more information about METTA Healing Oasis's membership options, please contact Dr. J.

Do I have to be a member of METTA Healing Oasis to receive a Authenticity Appraisal?

- ◆ No. You can receive a Authenticity Appraisal without having a METTA Healing Oasis Membership.

How much is a Authenticity Appraisal?

- ◆ Our basic Premiere Authenticity Appraisal is \$1500. If indicated, certain additional tests (as detailed on our Authenticity Appraisal Price Menu) can be performed for an additional fee.