

Dear Patient,

Welcome to Princeton and Rutgers Neurology Botox Program. We look forward to helping you through the treatment process and hope the information we are providing you below you will find helpful. If at any time you have questions, please use the contact information below to reach out to our Botox Patient Navigator.

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Your Treatment Team:

Botox Patient Navigator

Haley Strincoski

Botox Injector

Jeffrey Greenberg, M.D.

Botox Injector

Devin Friedlander, M.D.

Botox Injector

Jennifer Esena, APN

Our Program:

Our Botox program is administered through two injecting physicians as well as our nurse practitioner. This helps give you the access to the routine injection appointments you need for successful treatment with Botox. We have a full time Botox Patient Navigator who is going to help you through the entire process from the initial injection to your repeat follow ups and billing concerns.

Typical Treatment Plan:

New Consultation

A New Consultation to explore Botox treatment options typically takes 30 minutes with your healthcare provider. If you have a list of previous used headache medications, please bring those to the time of your appointment.

First Injection

Your first injection appointment will take somewhere between 15-30 minutes. You will be seeing your Botox injector as well as a medical assistant who will walk you through the consent form. You will have an opportunity to ask questions to both the medical assistant as well as your Botox injector. If you are being injected below the neck, please wear loose fitting clothing. You should be able to drive yourself home from the injections unless you are in any acute pain/headache.

Follow-up appointments

Chronic Migraine: It may take up to a few weeks to see a response from BOTOX® treatment. For example, in clinical trials, Chronic Migraine patients treated with BOTOX® showed a response at their 4-week evaluation and after 2 treatments (each given at 12 week intervals), BOTOX® was proven to significantly reduce the number of headache days each month vs placebo. ¹

Adult Spasticity: Patients can get treated again after the effect of the previous injection has worn off, but no sooner than 3 months from the previous injection. It may take longer than 1 treatment cycle to see a benefit with BOTOX®. That is why it is important to come back approximately every 3 months.

How We Work With Your Health Plan

Prior to treating you with BOTOX®, we must first receive approval from your insurance company. We will submit information to your insurance company that was gathered during your visit with the provider. As part of that process, we confirm plan coverage and benefits including co-pays, co-insurance, and deductible amounts. This can take 2 to 4 weeks depending on your health plan. Some plans require additional information from the physician and may require separate approvals for the injection procedure and the drug.

In some cases, we will need to obtain the BOTOX® medication through a specialty pharmacy. If this is required, you will be contacted directly by the specialty pharmacy to provide permission for the drug to be delivered to the practice for your treatment, and for the pharmacy to collect any co-payment that is required for the drug.

In rare instances, we can't obtain authorization or the medication in time for your appointment. In those instances, we will notify you within a week of your appointment and do our best to get it rescheduled as quickly as possible.

When it's time for re-treatment, we will take care of tracking your appointment and beginning the process of acquiring your medication with enough time to spare.

Your Financial Responsibilities

Prior to your first BOTOX® (onabotulinumtoxinA) treatment, we will let you know the amount you may be responsible to pay. Payment options include: Credit Card, Check and Cash. *(We will notify you at least two weeks prior to your appointment informing you of your high deductible and total out of pocket we will prior to the injection.)*

For certain types of insurance, assistance may be available to help you with your co-pay amounts for BOTOX®. We can provide you with information about the BOTOX® Savings Card and help you register for this program.

To see if you are eligible for the Botox Savings Program, follow this link:

<https://www.botoxsavingsprogram.com/>

How You Can Help Us

You play an important role in your treatment. Below is a list of things you can do to be an active participant in your treatment plan:

- Provide updated contact information.
- Notify us immediately of any changes in your insurance.
- Keep scheduled appointments and notify us as soon as possible if you need to change an appointment *(There is a \$25 charge for any rescheduling with less than 24 hours notice OR for any no-show appointment.)*.
- Respond promptly to requests from the practice or others such as a specialty pharmacy, to avoid treatment delays.
- Maintain symptom diaries or other information requested by your provider.

Contacting Us

You can contact us during normal business hours to speak to a live person or call afterhours and leave a message. Contact the Botox navigator to speak about your Botox injection appointment.

Botox Patient Navigator

Haley Strincoski

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P. (732) 246-1311 ext. 237

F. (732) 246-3501

Back-up Botox Patient Navigator

Catherine Abdelmalek

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Frequently Asked Questions

Q: Do you have access to the Allergan Botox brochures for each diagnosis?

A: Below you will find a link to each of the brochures:

[Chronic Migraine](#)

[Cervical Dystonia](#)

[Spasticity](#)

[Blepharospasm](#)