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Why Test Resting Metabolic Rate (RMR)?

What Is Metabolism? Metabolism is how your body uses energy to stay alive. It includes all the processes that keep you going—like breathing, pumping blood, and repairing cells. Your body gets this energy from the food you eat **and** from stored sources like fat or sugar in your body.

What Is Metabolic Rate? Metabolic rate is the total amount of energy your body uses in a day.

What Is Resting Metabolic Rate (RMR)? RMR is the amount of energy your body needs to keep you alive when you're doing nothing—just sitting still and resting.

An **RMR test** shows how many calories you burn at rest, doing nothing more than sitting in a chair.

At Bloom Natural Health, we use the KORR® instrument which provides the most accurate results available in a compact metabolic analyzer.

Reasons to Consider Testing

Detection and Diagnosis of hypo-metabolism

In cases where a patient has a clinically low metabolic rate, further diagnosis and treatment by a physician will be required before successful weight loss can be achieved.

Detection and Diagnosis of normal metabolism

If Metabolism is normal, then people can shift focus to address other factors in weight loss such as diet and exercise. Seeing that their bodies can indeed burn calories efficiently can be very encouraging and motivating.

Pinpoint caloric weight loss zone

When restricting calories, knowing a baseline RMR is invaluable. KORR Metabolic Analyzers calculate a "weight loss zone" for 1 ½ pound a week weight loss, or practitioners can use the RMR to calculate a caloric goal unique for their patients.

Stabilize weight loss

Regardless of the method used to lose weight, a patient's RMR will decrease after weight loss. The decrease can be below the level predicted by fat-free mass (FFM). Although the cause is unclear, it appears that in most cases, if a patient can maintain his new weight for 6 months, his RMR will eventually rise to the expected level. Pinpointing the precise number of calories necessary to maintain is key to surviving this crucial period.



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Assess the effect of weight loss treatment on metabolism

Once calories are restricted, medications are introduced, or an exercise plan has been implemented, the human body will respond. The number of calories needed to sustain weight loss will change throughout a weight loss regimen. The result is the dreaded "plateau." Periodic assessment of RMR will show the effects of the treatments and allow adjustments to the caloric goals.

Cost

- The cost of the test is \$125 which is billable to insurance.
- Insurances that cover will typically cover this cost every 3 months.
- We bill insurance for current patients; non-patients are welcome to schedule the test for \$125 cash payment.

Insurance coverage

- Many insurance plans cover RMR testing
- If your plan does not cover the test, the cost to you is \$125
- If you would like to confirm your coverage, please contact your insurance provider directly. The CPT code for this test is **94690**.

Please note: We cannot guarantee coverage or reimbursement. Coverage varies by individual plan and is determined by your insurer.

The following plans are expected to cover the test:

- Anthem
- Cigna
- Oxford
- United Healthcare

The following plans do not cover the test:

- Aetna
- Aetna Medicare for state retirees
- CT Medicaid/Husky
- ConnectiCare