

We now have testing available for COVID-19 Antibody Testing

To Schedule COVID - 19 Antibody Testing:

- Schedule a telemedicine (video-supported) visit with your A Woman's Time Provider (call 503-222-2322, or request an appointment online through your Patient Portal (Athena Portal))
- Your provider will review testing options and order the most applicable test
- You will be contacted by our staff to schedule a blood draw after your appointment

WHAT IS COVID-19 ANTIBODY TESTING?

The standard for diagnosis of COVID-19 involves a healthcare practitioner gathering a sample from the nasal or respiratory passages and checking for the presence of the SAR-CoV-2 (the virus that causes COVID-19) directly. As you may be aware, at the time the virus started to permeate the United States, this direct testing was extremely limited and many people who had symptoms were not tested. Due to this lack of data, it has been more difficult to estimate the number of people affected in different communities, has contributed to increased exposure for some, and has contributed to a lot of the uncertainties our country has moving forward.

This is where antibody testing comes in: Once you have been exposed to the SARCoV-2 virus or have COVID-19, within days to weeks your immune system develops antibodies to the virus. These antibodies aid in the clearance of the virus and persist after an infection to help protect against a future infection.

The COVID-19 Antibody test offered at A Woman's Time helps in the following ways:

- Allows you to know if your previous symptoms were caused by COVID-19
- Allows you to know if you may have had the virus, and not manifested symptoms
- Allows you to know if you now have some protection from developing COVID-19 (see below)
- Allows for more public health data by knowing how many people were infected

Please note:

While this testing has the potential to fill in an important gap in testing, it is not perfect. If the testing does show a positive antibody response, although that suggests there is now protection against future infection, that cannot be guaranteed. It can also not guarantee that you have fully cleared the virus. Thus, the same safety recommendations will still be recommended (social distancing, masks, etc.).

TO SCHEDULE A TELEHEALTH APPOINTMENT PLEASE CALL 503- 222-2322 or request one through your A Woman's Time Patient Portal.

Should I have the test even if I have not had any symptoms or exposure?

Yes, if possible. Serum antibody testing is considered one of the pillars of identifying and controlling the nature and influence of the disease in our communities. This information will help to inform the path forward.

Since there was limited data due to unavailable testing at the beginning of the outbreak, the more people that have the ability to get the test now will add to public health data to give us an idea about how much immunity is present in each community.

A wonderful article explaining the importance of wide-spread testing: [COVID-19: What's wrong with the models by Dr. Peter Attia](#)

Who should NOT get the test?

If your exposure was too recent. If you had an exposure that was too recent (**less than 3 weeks ago**), you may not have had enough time to mount a detectable antibody response.

If your finances are limited. We know these are trying times for many. There is **NO CHARGE** for the test. **There is a charge for the telehealth visit and the lab draw fee of \$35.00** If this prevents you from **having this done right now** please continue to implement the same safety restrictions (social distancing, masks, etc.) that are keeping people safer. **Insurance DOES cover the telehealth visit (you may have a co pay or co % due) but does not cover the lab draw fee.** Again, there is **NO charge** for the TEST.

How accurate is the test?

There is greater than 95% sensitivity (detecting true positive cases) and specificity (detecting true negative cases) for the detection of the SAR-CoV2 virus (the virus that causes COVID-19)

Does a positive test mean that I am safe to re-enter society without protection?

NO- we do not know this yet.

The antibodies detected are neutralizing to the SAR-CoV-2 virus. Thus, having a presence can provide some protection. However, that does not guarantee that you will not still contract COVID-19.

Additionally, the presence of antibodies doesn't identify whether your infection is completely gone or if you are still shedding the virus.

There have been many confusing reports but here is the latest updated clarification from the World Health Organization: We expect that most people who are infected with Covid-19 will be provided some level of protection. What we don't yet know is the level of protection and how long it will last.

Thus, it is imperative that everyone, regardless of test data, continue to follow the same public safety precautions, until told otherwise.

What happens in the screening visit prior to the test? :

- * we will review and update your current health, medications, supplements
- * we will recommend addressing any health issues that are not currently being addressed
- * we will investigate any infections of the last few months and weeks
- * we will identify if it is appropriate for you to get the test
- * we will educate you as to the efficacy of the test

When will the results be ready?

At this time, Quest predicts 3 days. Your doctor will inform you of the results either by phone call, our clinic portal or email

TO SCHEDULE COVID-19 ANTIBODY TESTING:

- Schedule a telemedicine (video-supported) visit with your A Woman's Time Provider (call 503-222-2322, or request an appointment online through the Athena Portal). These visits are covered by your insurance; you will have your co-pay or usual co-insurance.
- You will be scheduled a blood draw at the same time you schedule your telehealth appointment and it will be scheduled for a few days after your telehealth appointment with your provider

INSURANCE COVERED VIDEO-SUPPORTED VISITS

These are covered by insurance in the same way that in-person appointments are covered.

