



# USCryotherapy

FASTER RECOVERY • BETTER HEALTH

Client: Navinder Rai (6417)

Dec 16, 2025

1. Please note: fields with a red asterisk are mandatory.

Legal First Name: <u>Navinder</u>	Legal Last Name: <u>Rai</u>	Date of Birth: <u>12/14/1965 (age 60)</u>		
Minor's Guardian Full Name, If Applicable: _____	Gender: <u>Female</u>	Street Address of Residence: <u>215 RI pinto</u>	Apt./Unit #: _____	
City of Residence: <u>Danville</u>	State of Residence: <u>CA</u>	Zip Code: <u>94526</u>	Mobile Phone: <u>(925) 519-3806</u>	
Email: <u>nav.rrai@gmail.com</u>				

2. The client allows MedScape GFE to perform the good faith exam and for the good faith exam to be released to:  
US Cryotherapy Danville/San Ramon

Appointment made?  
Yes

3. Please state the date and time of the appointment:  
12/16/2025

4. Check all treatments to have now or possibly would like in the future below: \*Note: MedScape GFE does not determine the treatment route and/or dosages nor prescribes. US Cryotherapy Danville/San Ramon advises on treatment options within their clinic, scope of practice and protocols according to their medical director's guidelines.

☒ **T-Shape 2 Cellulite  
Reduction and/or Skin  
Tightening**

5. Please answer the questions below relating to the selected treatment(s) above:

Have had selected treatment(s) before?  
Unsure

Result of previous treatment(s)?  
Minimal results

Goal of requested treatment(s)? Select ALL that apply.  
☒ **Tighten Skin**

If needed, please explain further below:  
\_\_\_\_\_

6. Under any type of medical care? (i.e. PCP, OB/GYN, allergist, naturopath, mental health, specialist)

Yes

7. "Yes" for medical care was selected. Please list the provider's name(s) and their speciality.

	Name	Speciality
1	Kaiser	Family med

8. For female assigned gender at birth:

Currently pregnant? ☒ No

Trying to become pregnant? ☒ No

Could possibly be pregnant? ☒ No

Currently breastfeeding? ☒ No

Going through IVF/Planning on IVF in the near future? ☒ No

9. List ALL medications below including homeopathic supplements and vitamins. If none apply, please write in "none".

	Name of Medication and Dose:	Start Date:
1	Metformin	Mar2025
2	Magnesium malate	Few years
3	Hyaluronic acid	
4	Biotin	
5	Multivits	
6	Turmeric gummies	

10. List ALL surgeries and hospitalizations below. This includes ALL implantation of objects placed in the body that one is not born with ie devices, stents, piercings. If none apply, please write in "none".

	Type of Surgery/Hospitalization/Implant and Location:	Date and Year of Surgery/Hospitalization/Implant:
1	None	

11. List ALL allergies below and/or dietary restrictions. If none apply, please write in "none".

	Type of Allergy:	Reaction:
1	Hallucinations with codiene	
2	Rash	

12. Vitals & Measurements

Height (ft/in or cm)

5 ft 5 inch

Weight (lbs or kg)

180

Have you noticed any recent changes in your weight?

No

Do you have personal wellness or body goals you'd like us to know about?

Ned to lose weight

If "other", please specify

13. Health History - Circulatory and Respiratory System (Please select all that apply):

☒ **None of these**

14. Health History - Nervous System (Please select all that apply):

☒ **None of these**

If "other", please specify

15. Health History - Digestive System (Please select all that apply):

☒ **None of these**

If "other", please specify

16. Health History - Skin (Please select all that apply):

☒ **Melasma**

Patches on face

☒ **Sensitive**

Redness and irritation with  
retinol

If "other", please specify

17. Health History - Other (Please select all that apply):

☒ **None of these**

If "other", please specify

18. Health History - Cancer

Have you ever been diagnosed with cancer?

**No**

If yes, please specify type, date of diagnosis, and  
current status (active, in remission, or treated) N/A  
for No.

**None**

Has any immediate family member (parents, siblings,  
children) been diagnosed with cancer?

**Yes**

If yes, Please specify relation, type of cancer, and age  
at diagnosis. N/A for No.

**Daughter -age 8 - osteo sarcoma**

If "other", please specify

19. Health History - Mental Health & Emotional Well-Being

Do you have a history of depression, anxiety, or other mental health conditions?

**No**

Have you ever been hospitalized for a mental health condition?

**No**

If "other", please specify

If yes, are you currently receiving treatment (medication, counseling, or therapy)? N/A for none.

**None**

If yes, please specify when and which hospital. N/A for none.

## 20. Health History - Sexual Health & Hormones

Do you experience sexual dysfunction (low libido, erectile difficulties, vaginal dryness, or other concerns)?

**No**

Have you noticed changes in your energy, mood, or sleep patterns that you think may be hormone-related?

**No**

Would you like to have a hormonal evaluation via lab work?

**No**

If "other", please specify

If yes, please specify. N/A for none.

**None**

Have you ever had a hormone evaluation (testosterone, estrogen, thyroid, cortisol, etc.)?

**No**

## 21. Health History - Hair & Skin Health

Do you currently experience hair loss, thinning, or shedding?

**Yes**

Would you like a consultation about hair loss?

**No**

If "other", please specify

**Eczema**

Have you tried any treatments for hair loss in the past?

**No**

Do you have a history of skin disorders (acne, eczema, psoriasis, etc.)?

**Yes**

## 22. Please answer the lifestyle questions below:

Average stress level:

**Moderate**

On average, how many days per week for alcohol consumption?

**None**

On average, how many glasses of fluids (including water, juice, and decaffeinated tea) are consumed daily? (Glass = 8 ounces)

**Around 4-8 glasses**

Smoke, vape, or chew tobacco?

**None**

Recreational drugs?

**None**

Currently following any specific diet plan? If so, please specify which one(s): ☒ **Vegetarian**

23. Approval and/or deferral to medical director's SOPs (description of treatment(s) that client is approved and/or deferred for). Please select all that apply treatments for approved and/or deferred to medical director's SOPs with US Cryotherapy Danville/San Ramon. MedScape GFE does NOT condone any off label administration or dosing of ANY treatments. We will approve, however, it is ONLY depending on if US Cryotherapy Danville/San Ramon medical director allows for off label treatment(s). For any off label administration and dosage, US Cryotherapy Danville/San Ramon must follow policies and procedures as approved by your clinics medical director. If US Cryotherapy Danville/San Ramon medical director does not allow for said off label treatment(s), the good faith exam note provided by MedScape GFE's and the high-level provider will be null and void.

Treatment(s) client is approved and/or deferred to receive treatment at US Cryotherapy Danville/San Ramon (select ALL that apply to visit): ☒ **Approved for T-Shape 2 Cellulite Reduction and/or Skin Tightening**

Treatment(s) deferred to US Cryotherapy Danville/San Ramon medical director's SOPs with the reason(s) for deferral. If no explanation(s) is/are necessary, please write "not applicable":

NA

Clarification(s) needed from the client before approval. The client MUST resubmit with clarification(s) requested by the good faith exam high-level provider. If the client does not provide what the good faith exam high-level provider requests, the note is void, and therefore, the client is denied. If no explanation(s) is/are necessary, please write "not applicable":

NA

Term(s) of approved treatment(s) (select ALL that apply):

☒ **1 year (unless medical condition(s) change, medication(s) change and/or anything if anything is added to what is stated and approved in this GFE. If any of the aforementioned apply, the client must be re-seen at the time of discovery AND before their next appointment/treatment(s)**

Provide treatment name(s) and explanation(s) for short-term approval(s) (under one year approval). If no explanation(s) is/are necessary, please write "not applicable":

NA

e-signature

Dec 16, 2025

Good Faith Exam completed by the following MedScape GFE Practitioner:

*Danielle Trenelli, FNP-BC*

Signed by Danielle Trenelli on Dec 16, 2025 at 09:57 AM from IP 71.127.239.\*\*\*