



# Introducing Personalized Health Assessments

## *with our Healing Pathways Programs*

At **Direct Osteopathic**, we offer advanced testing to dig deeper into your health concerns.

Due to the years of advanced training required to maintain expertise in evidence-based alternative medicine, these programs are not included in our base primary care membership. Pursuing these labs and adding diet, lifestyle, and supplement recommendations based on results can offer an alternative to the standard of care. We pride ourselves on cost transparency and cost-effectiveness. The companies we use are leaders in alternative medicine, each selected for quality. Costs are negotiated to the lowest possible rate for our members. Members who participate in Healing Pathways Programs with the DOPC membership discount are required to complete a minimum of 6 months of membership. An early termination fee applies. Non-DOPC members, friends, and family can be referred for programs with additional fees applied. **Prices listed here are bundled to include: the program administration fee, the visit review fee, and all costs associated with the testing.** We are happy to provide an HSA/FSA compatible receipt!

### **How It Works:**

- **Customize your program!** Decide which test(s) you want to pursue with your provider's recommendations (see our program menus)
- **Decide on billing options, if available.** Note: some of the labs listed are *only* available through program billing and are not billable to insurance. DOPC is not responsible for insurance coverage determination or rates. For cost transparency and predictable pricing, proceed with the packaged rates listed. When it is ideal to use insurance, we will advise you to do so.
- **Collect the test specimen(s):** Some tests are collected in the office, others are at home with a collection kit that includes specific instructions.
- **Schedule your review visit** around the expected time of the test results.
- **Refer a friend!** Non-member program participation is available for programs without ongoing prescription management. Non members pay additional \$799 which includes a medical history and intake visit, goal setting, and personalizing your program.

# Brain Health Assessments Programs

Brain Health Assessment	What Is Tested	Turnaround Time & Review Visit	Transparent Pricing, Personalized Options
<b>Brain Health Level 1</b> <b>Understand your biochemistry with Neurotransmitter testing</b>  Targeted urinary neurotransmitter testing can help achieve a diagnostic edge by identifying specific imbalances that impact mood	Urinary Neurotransmitter testing (dried urine dipstick, home test kit)	3 weeks; 45 min for review of results	\$648 Baseline Neurotransmitters & review visit  +\$95 to add on Salivary Hormones  +\$199 to add on for Sleep Balance for Insomnia
<b>Brain Health Level 2 ~ Brain Map with interpretation and treatment recommendations</b>  For understanding patterns behind mood, memory, and focus. Review includes supplements, medications and lifestyle changes best for your brain	In office visit for Zeto Brain Map (qEEG) recording brain waves for 6 min eyes open and 6 min eyes closed.	3 weeks; 60 min review + brain map appt  <i>Any Brain Map appt: Avoid caffeine for minimum of 4 hours</i>	\$960 First Time Mapping  <ul style="list-style-type: none"> <li>Zeto Brain Map w/ interpretation &amp; treatment recommendations at review visit (included)</li> </ul> <i>Repeat option - track your progress!</i> \$650 Map Only
<b>Brain Health Level 3 ~ Brain Map and Neurotransmitter testing combo</b>  For expanding insight into treatment options for mood concerns	Zeto Brain Map (qEEG) + urinary Neurotransmitter testing (dried urine dipstick, home test kit)	3 weeks; 60 min review + brain map appt	\$1,348 Includes: Zeto Brain Map, Neurotransmitters & review visit
<b>Brain Health Level 4 ~Brain Map with Neurotransmitters &amp; Salivary Hormone testing</b>  Best for Understanding Brain & Hormone Balance and chronic stress	Zeto Brain Map (qEEG) + urinary Neurotransmitter testing (dried urine dipstick, home test kit) + Salivary hormone panel	3 weeks; 75 min review + brain map appt	\$1,518 Includes: Zeto Brain Map, Neurotransmitters & salivary hormone panel w/ review visit

## ~Additional Program Options for Brain Health~

**GeneSight** genesight.com

**How your genetics interact with mood medications + MTHFR testing**

\$330 Typical of pocket (w/wo insurance)  
 +\$200 for 30 min review with DOPC,  
 includes labs handling fee

**GeneSight Notes:**

- \*GeneSight will bill you directly for the test portion of this test, most pay \$330
- \*Billing for testing is through Genesight
- \*Find your coverage (866) 718- 0116

# Gut Rehab Programs

Program Description	What Is Tested	Turnaround Time & Review Visit	Transparent Pricing, Personalized Options
<b>Gut Rehab Baseline Evaluation - Phase 1</b> <i>Best foundational test for understanding your microbiome</i>  Comprehensive stool testing with Genova's GI effects. Evaluation of digestion, inflammation, "good guys and bad guys" of the microbiome, clues for SIBO. Includes personalized Phase 1 treatment recommendations	Genova GI effects; home stool collection kit	4 weeks; 45 min review visit	\$754* Genova's GI Effects Comprehensive Stool Testing & review visit  Add on options: C Diff \$35 H Pylori \$45  <i>Using Insurance?</i> +\$179 Initial Ins Pmt to Genova* + \$275 Review Visit & Specialty Lab Handling Fee to DOPC
<b>Gut Rehab Follow up - Phase 2</b> <i>Fine tune the microbiome</i>  Often our initial GI effects test review will indicate a need for a phase 2 visit. Individualized visit frequency is determined after initial testing to adjust diet changes, supplement regimen and treatment options	Follow up visits after baseline GI effects testing complete  <i>No additional lab charges unless additional labs recommended</i>	After your Phase 1 Gut Rehab visit your provider will recommend a 30 or 45 min follow up  In some cases, you can "DIY" and follow the Phase 2 recommendations after your first visit, for no additional charges	+\$150 for 30 min Review Visit  +225 for 45 min Review Visit
<b>SIBO Testing</b> <i>Breath testing and treatment recommendations</i>  Small intestinal Bacterial Overgrowth A follow up test to GI effects if clinically indicated	Genova lab; home test kit for breath testing; requires a specific diet for 24 hours prior to testing and 4 hours to dedicate to the test on day of testing	3 weeks; 45 min review visit	\$500 Genova's SIBO testing & review visit  <i>Using Insurance?</i> +\$85 Initial Ins Pmt to Genova* + \$275 Review Visit & Specialty Lab Handling Fee to DOPC
<b>Food, Intolerance Environmental Allergy and Celiac Antibody Testing</b> <i>Best food intolerance test</i>  This is our best baseline allergy and food trigger testing. Also includes environmental allergens and celiac testing. Most accurate while eating gluten. A follow up test to GI effects if clinically indicated	Genova lab; blood draw @ DOPC	3 weeks; 45 min review visit	\$704* Genova's Allergy Antibody and Celiac testing & review visit  <i>Using Insurance?</i> +\$200 Initial Ins Pmt to Genova* + \$275 Review Visit & Specialty Lab Handling Fee to DOPC

**\*Genova offers an insurance billing program that can reduce the cost of these programs\* Ask for details.**

*Tips for insurance billing success:*

- 1) When completing an order online, add the prepayment requested and verify your insurance information..
- 2) Note, additional payments may be requested from Genova.
- 3) Ignore EOB from your insurance, pay bills from Genova. No Genova bill should exceed \$600.

# Heart Health Programs

Program Description	What Is Tested	Turnaround Time & Review Visit	Transparent Pricing, Personalized Options
<b>Cardiovascular Risk Assessment Level 1</b> Boston Heart - Advanced Lipid Testing* <i>For a deeper understanding of your cholesterol</i>	Fasting, in office blood draw @DOPC	4 weeks; 45min visit review time	\$652 Boston Heart Custom DOPC panel & review visit  +\$49 Add on Fatty Acids +\$75 Add on Genetics
<b>Cardiovascular Risk Assessment Level 2</b> Boston Heart - Advanced Lipid Testing* with CT Coronary Artery Calcium Score plaque <i>Labs w/ Imaging interpretation adds advanced risk analysis</i>	Fasting, in office blood draw @DOPC; Calcium Score CT scan at Intermountain Radiology (scheduled and billed separately)	4 weeks; 45-60 min visit review; Calcium score appointment not at DOPC	\$726 Boston Heart Custom DOPC panel & expanded review visit  +\$49 Add on Fatty Acids +\$75 Add on Genetics <i>Note: these prices do not include additional \$98-\$150 for Calcium Score - billed by Intermountain hospital (price subject to change)</i>
<b>Cardiovascular Risk Assessment Level 3</b> CleerlyAI w/ CT Coronary Artery Angiogram (CCTA) <i>The most proactive imaging for Coronary Artery Disease Detection and Management</i>	Imaging at Simon Med: CT Coronary Artery Angiogram with CleerlyAI plaque interpretation and stenosis evaluation	2-4 weeks; 30-45 min visit review; Imaging center appointment not at DOPC	\$1570 Billed by Simon Med *Some insurance coverage available, ask when scheduling.  DOPC review fee for personalized, actionable results +\$150 30 min or +\$225 45 min

**\*Boston Heart - Advanced Lipid Testing is a DOPC Custom panel that includes:**

1. Standard cholesterol panel + PLUS
2. Specific lipid profile evaluation with small dense LDL measurement; ApoB, Lp(a); LpPLA2 and HDL Map including alpha 1. + PLUS
3. Inflammatory markers: hsCRP and Homocysteine and Oxidized LDL + PLUS
4. Insulin resistance evaluation: Fasting Glucose/Insulin aka HOMA-IR + Beta Cell Function evaluation
5. Investigation into how much your diet can make a difference with our cholesterol balance testing - are you an over absorber or an over producer?

\*Our Boston Heart Advanced Lipid Testing is not typically billable to insurance. If you have Medicare, United Healthcare or Aetna please ask us for alternative billing options.

## ~Additional Program Add On Options~ Boston Heart Exclusive Tests

☐ **Fatty Acid Balance Testing** - \$49  
Are you getting enough good fats?  
Find out.

☐ **Genetic add ons** - \$75

- **APOE3/E4** ~ your genetics for cholesterol treatment response & Alzheimer's risk
- **MTHFR** ~ your genetics of detox and clot risk

☐ **Polygenic Risk Map™-Female(F) and Male(M)** \$409

*Complete genetic risk profile for:*  
Coronary Artery Disease, Atrial fibrillation, Type 2 Diabetes, Hypertension, Weight Gain, Abnormal cholesterol profile, Alzheimer's, IBD, Breast cancer, Osteoporosis, Early Menopause (F) or Prostate Cancer (M)

Added Review time: 45 min (\$225)

# Healing Pathways - Big Picture Programs

Program Description	What Is Tested	Turnaround Time	Transparent Pricing, Personalized Options
<b>Micronutrient and Detoxification Evaluation (Metabolomix or NutrEval)</b> Detailed analysis of key nutritional biomarkers including vitamin levels, toxin evaluation and fatty acid balance	Genova Diagnostics <b>**Fasting</b>  Options: This test is available for kids over 2 or adults without blood draw (urine only) for \$40 less  Preferred: In office fasting blood draw and frozen morning urine	4 weeks 45 min review visit	\$734* Testing & review visit Add ons \$35 each (see below)  <i>Using Insurance?</i> +\$179 Initial Ins Pmt to Genova* + \$275 Review Visit & Specialty Lab Handling Fee to DOPC  *Submit initial insurance payment to Genova - after insurance billed an additional balance may be billed from Genova.
<b>Understand the Genetics of how you Detoxify</b>  <ul style="list-style-type: none"> <li>ApoE - heart and Alzheimer's risk</li> <li>MTHFR - how you detoxify</li> <li>COMT - hormone and mood metabolism</li> </ul>	Saliva / Cheek swab <i>available as an add on test only</i>	3 weeks Can be reviewed within a program	Add on testing only for Micronutrient or Heart Health  Option 1 - Add to Genova \$35 each  Option 2 - Add to Boston Heart \$50 for ApoE and \$25 for MTHFR
<b>Invitae Genetics</b> Cancer Genetics Panel or Hypermobility (EDS)	Blood draw @ DOPC Or Cheek Swab at home	3 weeks  <i>A 30 min test review visit is required only if test results are abnormal</i>	Option 1 - Cancer Panel  Option 2 - EDS/Hypermobility  <i>Price Varies based on insurance coverage. \$50 Specialty Lab handling fee to DOPC applies. ***DOPC Visit fee to review \$150</i>
<b>Boston Heart Polygenic Risk Map</b>  Complete genetic risk profile for: Coronary Artery Disease, Atrial fibrillation, Type 2 Diabetes, Hypertension, Weight Gain, Alzheimer's, Inflammatory bowel, Breast/Kidney/Pancreatic cancer, Osteoporosis, Early Menopause (F) or Prostate Cancer (M)	Boston Heart, Saliva testing	4-5 weeks 45 min review visit	\$634 Polygenic risk map & review visit  **This test is not billable to insurance
<b>Galleri -Multicancer Detection Testing</b> Cell Free DNA Advanced Cancer Detection	Blood draw @ DOPC	3 weeks  <i>A 45 min test review visit is required only if test results are abnormal</i>	\$810 for members, \$999 for non members <i>Includes the lab test and handling fee. Does not include review fee.</i>  ***DOPC Member Review Visit \$225 (Non member \$350) **This test is not billable to insurance.

## Many of our Big Picture Programs are available to Non Members. Want to refer a friend?

Non-member program participation is available for programs without ongoing prescription management.

Non members pay additional \$799 which includes a medical history and intake visit, goal setting, and personalizing your program.

# Healthy Living Programs

Program Description	What Is Tested	Details	Transparent Pricing, Personalized Options
<b>Healthy Living Assessment Program</b> <b>Find the tools to meet your health goals</b>  Best for assessing metabolic health and changing health metrics	Recommended labs: Expanded DOPC lab panel (fasting)  Body Composition Analysis (BCA)- Free with initial consult (valued at \$85)	60 min visit w/ lab review & goal setting Discuss supplements & lifestyle changes to implement  <i>At this visit, find out if adding prescription (RX) support is right for your goals!</i>	\$250 - 60 min initial consult visit w/ initial BCA included for free!  +\$157 Expanded baseline lab panel +\$188 Expanded baseline lab panel w/ hormone snapshot  <i>Using insurance for labs? We are happy to use Labcorp's insurance billing option. However, coverage can be unpredictable.</i> <i>Have you had labs within 3 months? Additional labs may not be needed. Bring the results if we do not have them on file!</i>
<b>Healthy Living Coaching w/ or without RX Pathway</b> <b>Best for long term success in health behavior change</b>  Health Coaching at DOPC at your pace  <i>Monthly prescriptions billed separately for GLP1 weight loss medications including Zepbound, Wegovy, Tirzepatide and Semaglutide</i>	Recommended Labs Quarterly: DOPC Healthy Living Program Follow Up Labs (fasting)	30 min visit w/ lab review, revisit goals & medication refill with adjusted as needed.  Choose virtual or in person and duration of coaching visit	+\$125 for 30 minute consult  Recommended Coaching Visit frequency: Year 1 - monthly for 3 months, then quarterly Year 2 - quarterly <i>*Note on RX Path Coaching visits are required quarterly for prescription refills</i>  <i>Optional add ons:</i> +\$85 BCA repeat - recommended quarterly +\$55 DOPC Healthy Living Program Follow Up Labs
<b>Healthy Living RX Pathway</b>	Pharmacy pick up or mail order (some are USPS and some are FedEx)	Prescriptions can take 7-10 days to receive after prescribed  Note: If prior authorization is required by insurance it can take 2-3 weeks to fight for approval.	GLP1 medication prescriptions are a moving target! Here are samples of current pricing for <b>starting doses</b> of the various options we use at DOPC.  +399 Zepbound through Eli Lilly non-insurance coverage program  +\$180 - Compounded Semaglutide/B12  +\$240 - Compounded Tirzepatide/B12  <i>**Please note, this is not a guarantee of pricing available. Cost transparency is our every day goal, we'll let you know what to expect at each visit!</i>
<b>Biometrics Review Consultation</b> Understand your data!	Body Composition Analysis (BCA) \$85 in office scale  Continuous Glucose Monitor (CGM) Paid out of pocket at pharmacy or online for \$99 @ <a href="http://www.stelo.com">www.stelo.com</a>	BCA results available same day  CGMs typically collect data for 10-14 days. Bring your phone/app to the visit to review	Your BCA Review is Included if you have an upcoming Annual Wellness Visit or any upcoming Healing Pathways Program Visit.  If you want to review your continuous glucose monitor results or go over your BCA in detail, we are happy to carve out time for a "deeper dive" and empower you to understand your data! Ask us for review options!

**Note: Healthy Living Programs are only available to DOPC Members.**  
**For routine follow up - Healthy Hormones Maintenance Programs can be combined w/ Healthy Living Coaching - ask us if you are a candidate!**

*DOPC reserves the right to change fees and included services listed above at any time and without notice.*



# DOPC Membership Discount Labs

PANELS AND LABS INCLUDED	WHAT WE ARE TESTING	Membership Rate
<b>DOPC Basic Panel</b> Comp, CBC, A1C, TSH, Lipids and Vit D	Basic panel includes 6 labs for standard wellness including diabetes screening and added vitamin D levels.	\$65
<b>DOPC Expanded Panel</b> Comp, CBC, A1C, Lipids, Vit D, Vit B12, Fasting Insulin, Ferritin, Homocysteine and Full Thyroid Panel (TSH, Free T3, Free T4 and Thyroid Antibodies)	Expanded panel includes 14 labs, <b>our favorite baseline panel!</b> Including 5 tests for thyroid function analysis, Vitamin D and B12 levels, inflammation & metabolic screening w/ fasting insulin and diabetes screening in addition to standard wellness labs. Add on option for hormone levels available.	\$157
<b>DOPC Expanded Panel with Hormones</b> <i>Expanded+ FSH, estrogen, testosterone free/total, sex hormone binding globulin &amp; DHEA-S</i>	This expanded panel with hormones includes 20 labs to get a comprehensive look at metabolic factors, vitamin levels and current hormone balance. <b>Preferred baseline panel before considering EvexiPel pellets or other hormone treatment.</b>	\$199
<b>EvexiPel Hormone Panel - Basic</b> Estradiol, sex hormone binding globulin, testosterone - free and total, +/- FSH	The EvexiPel Basic Hormone Panel trims down the Expanded panel to the essentials. Includes our thyroid expanded panel & these impactful hormones,	\$113
<b>EvexiPel Hormone Panel - Post Pellet Placement</b> Estradiol, sex hormone binding globulin w/ CBC, COMP +/- FSH	The EvexiPel panel recommended 4-6 weeks after hormone pellet placement along with metabolic and blood counts for monitoring.	\$95
<b>DOPC Healthy Hormones - Fertility Panel</b> Serum Hormones + AMH	Fertility panel includes specific labs to assess your hormones for fertility or childbearing. AMH corresponds to ovarian reserve.	\$154
<b>DOPC Hormone Maintenance Panel w/ Metabolic parameters</b> E, T, CBC, Comp, A1c, FSH, Lipids, Insulin	This is the perfect lab panel to monitor hormone prescriptions while also keeping an eye on metabolic, endocrine and cardiovascular parameters. <b>Great for anyone in both Healthy Hormones and Healthy Living. Must be fasting.</b>	\$95
<b>DOPC Healthy Living Program - Maintenance Panel</b> Comp, CBC, A1C, Lipids, Fasting Insulin TSH	Continuation of the Healthy Living Programs, these labs will be drawn every 6 months. <b>Must be fasting.</b>	\$55
<b>Dr Brie's Biohacking Panel</b> <i>Our largest panel with 37 labs &amp; 77 biomarkers!</i>	Our Expanded Panel & Serum hormones w/ DHEA-S+cortisol, arthritis and inflammation markers. Includes key infection screening (HIV, HCV) along w/ endocrine & metabolic markers, cardiac risk screening. <b>The most comprehensive panel we offer. Must be fasting.</b>	\$475
<b>DOPC STI Panel</b> RPR, Hep B, HCV, GC/CT, HIV	STI panel is used for screening sexual transmitted infections including, Syphilis, Hep B, Hep C, Gonorrhea, Chlamydia and HIV.	\$122
<b>DOPC Arthritis Panel</b> Uric Acid, Sed Rate, ANA, ANTI-CCP, RAF, C-Reactive	Arthritis Panel is used to screen for Autoimmune disease, Gout, Lupus and Rheumatoid Arthritis.	\$102
<b>DOPC Thyroid Basic Panel</b> TSH, Free T3 AND FREE T4	Thyroid Panel is used to screen for abnormalities in your thyroid which can impact metabolism, energy and hair.	\$41
<b>DOPC Thyroid Expanded Panel</b> <i>Basic + Thyroid Antibodies + rT3</i>	Thyroid panel can be expanded to add thyroid antibodies and reverse T3	\$95

# Healthy Hormones Assessment Programs

Program Description	What Is Tested	Turnaround Time & Review Visit	Transparent Pricing, Personalized Options
<b>Level 1: Understanding PMS and Chronic Stress</b>	Option 1 - Salivary hormones and adrenal / cortisol curve on cycle day 19-21	3 weeks; 45 min review visit included in pricing	\$618 ZRT lab - Salivary hormones and adrenal / cortisol curve & review visit
<b>Level 2: Optimizing Fertility</b>	Expanded DOPC lab panel +Fertility Panel (bloodwork) on cycle day 3 and Salivary hormones and adrenal / cortisol curve on cycle day 19-21	3-5 days for bloodwork, 3 weeks for saliva testing results; 60 min review visit	\$929 Level 2 w/ DOPC membership lab discounts & review visit  <i>*Billing insurance for labs reduces the price of the program to \$668</i>
<b>Level 3: Peeking in on Hormone Change</b>  <b>Where am I at? Get a Snapshot!</b>	Recommended lab panels vary and can be added to annual blood work. See DOPC Membership Discount Lab menu for options. <i>*This level can also be used to see if Hormone Therapy is right for you!</i>	3-5 days for bloodwork, 45 min review visit	<b>All DOPC Members get annual FREE consultation and review of your current hormone levels. Best for anyone over 40.</b> Follow up testing and discussion options: +\$150 for 30 min Review Visit +\$225 for 45 min Review Visit <i>*for Men and Women</i>
<b>Level 4: Expanded Hormone Evaluation w/ Salivary Testing</b>	DOPC Expanded Panel with Hormones paired w/ Salivary hormones and adrenal / cortisol curve	3-5 days for bloodwork, 3 weeks for saliva testing results; 45 min review visit	\$867 ~ Level 4 w/ DOPC Expanded Panel with Hormones labs with salivary panel & review visit <i>*Billing insurance for labs reduces the price of the program to \$668</i>
<b>Level 5: Comprehensive Hormone Testing with Genova's ENDO+</b>  Detox genetics and urinary Estrogen metabolism	At home urine test & cheek swab for genetic testing. *With Optional Saliva hormone level add on *With Optional Serum hormone and thyroid add on (blood work) *Customizable to your needs!	3 weeks; 45 min review visit recommended	Genova Labs Comprehensive Hormone Testing: +\$583 For Baseline Endo+ testing w/ Urinary estrogens with genetics & review visit  <b>Add ons:</b> +\$35 MTHFR +\$35 COMT +\$125 Salivary hormones +\$75 Salivary Adrenals +\$189 Serum Hormones +\$129 Serum Thyroid Panel  <b>Want it all?</b> FULL ENDO+ \$1171 Price includes 45 min review  <i>*No portion of this test is billable to insurance</i>

## FAQs

- **Why do we test saliva in some of the levels?**
  - Salivary hormones and ENDO+ reflect the free/unbound fraction of hormone levels better than bloodwork. For some people this can more accurately capture levels that match to symptoms.
  - These tests are to look more in depth into cortisol/chronic stress and adrenal "burnout"
  - Saliva testing is easy, no needles to collect!
  - No need to come in: tests can be shipped to your home!
- **Do I need to fast for the labs?**
  - It depends on which panel you are collecting. Ask our team to be sure once the orders are in!
- **Why are these programs extra?**
  - All of our providers are Certified Menopause Practitioners. Program pricing covers the extra training and expertise required.
- **When is the best time to do hormone testing?**
  - **Age?** Recommended annually in anyone over 40
  - **For Women**
    - Cycling? Do labs on Day 3 OR day 19-21 with day 1 counted as the first day of bleeding or spotting.
    - Not cycling or unpredictable cycles? Labs can be done on any day
  - **For Men**
    - Labs for testosterone levels are most accurate before 10 AM
- **Can I bring test results from another provider?**
  - Yes! As long as you bring bloodwork done within 3 months we can review outside labs within any program.
  - However, if the labs are more specialized: Ex: DUTCH or Function Health, then as advanced lab review fee applies. Ask for current rates!
    - This is best if tests are under 6 months old.



# Healthy Hormones Maintenance Programs

*For treatment, prescriptions & monitoring*

**Hormones change, symptoms fluctuate. This is why our programs are individualized and customizable.**

Program Description	What Is Tested	Transparent Pricing, Personalized Options
<b>Long Lasting Hormones with EvexiPel Pellets</b>  <b>Testosterone options for Men ~ last 5-6 months</b>  <b>Testosterone w and w/o estrogen options for Women ~ last 3-4 months</b>	<p>Recommended labs: DOPC Expanded Panel with Hormones \$199 or EvexiPel Hormone Panel - Basic \$113</p> <p>Follow up recommended labs at 4-6 weeks: EvexiPel Hormone Panel - Post Pellet Placement \$95</p>	<p>Pelleting Frequency - Every 3-4 months for Women, Every 5-6 months for Men</p> <p><b>Pelleting Visits with consultation and lab review - 45 min</b>  <b>Women's Pellets \$475; Men's Pellets \$775</b></p> <p><i>1st Post Pellet Placement Lab Review Visit @ 4-6 weeks - included</i>  <i>Initial Body Composition Analysis - included</i></p> <p><b>Follow up Pelleting Visit: 30 min - procedure only</b>  <b>Women's Pellets \$400; Men's Pellets \$700</b></p>
<b>Healthy Hormones Maintenance Visits</b> <i>For combination hormone therapy prescriptions, without pellets</i>	<p>Lab testing for this is optional and personalized based on your provider's recommendations. Most members are recommended to have labs every 3-6 months.</p> <p><b>Can I use insurance for my labs?</b></p> <ul style="list-style-type: none"> <li>We are happy to use Labcorp's insurance billing. However, coverage can be unpredictable.</li> <li><b>Want transparent pricing?</b> See our DOPC Membership Discount Lab menu for all options. We guarantee our prices.</li> </ul>	<p><b>New to Hormone Therapy Quarterly Follow up</b>  ~ Adjustment and Monitoring visits every 3 months</p> <p><i>*This is our recommended follow up frequency for the first 6-12 months.</i></p> <p><b>BiAnnual Follow Up</b>  ~Adjustment and Monitoring visits every 6 months</p> <p><i>*This is our recommended follow up frequency after symptoms are stabilized.</i></p> <p><b>Annual Follow Up</b>  ~Stable hormone members can move to annual visits!</p> <p><b>Visit Pricing:</b></p> <p><b>\$150 for 30 min Review Visit</b></p> <p><b>\$225 for 45 min Review Visit</b></p>

## FAQs

- Are hormones safe?**
  - We are here to guide you to accurate information on what is safe for you with personal risk factors, and family history.
  - We use only bioidentical hormones, supported by supplements and lifestyle changes.
  - All hormones, even natural ones, can have positive and negative effects. We will guide you on how to optimize what you want and minimize what you don't.
- Why do I have to pay a copay to adjust my hormone therapy prescriptions? Our personalized approach takes time.**
  - Program pricing covers the extra training and expertise required to maintain our Menopause Certification.
- Why would I consider EvexiPel pelleted hormone therapy?**
  - The patented triamcinolone in the pellets we use delays the rise in the serum levels of testosterone, bringing you to a higher level slowly.
  - This slow rise and steady state allows for optimized symptom control.
  - The pellets are deposited in fatty tissue to last for months, meaning no messy gel or creams, no potential to get the medicine on others and no daily reminders.
  - In early perimenopause testosterone alone can help mitigate brain fog, weight gain and low libido, even before systemic estrogen is needed for hot flashes.
- How often do I need a visit?** We see the most fluctuation in hormone therapy users in the first 2 years. While lab testing is not always necessary, Check in visits are a must!
- We want to make sure you are meeting your health goals, managing symptoms and not having concerning side effects.**
  - Most members have quarterly visits for the first 6-12 months on therapy.
  - In the second year, most members move to check in every 6 months.
  - Once hormones are stable, annual check ins can work for some!
- What is the treatment goal? Hormones Stability!**
  - This is when you:
    - Do not have fluctuating prescription doses
    - Are not having periods or bleeding concerns
    - Symptoms are managed and you are happy with your doses.
- Are you combining programs?** Healthy Hormones Maintenance visits can be combined w/ Healthy Living Coaching - ask us if you are a candidate!
- Do I need a Healthy Hormones Maintenance Visit for all types of prescribed hormones?**
  - No. Visits are for estrogen patch or pellet prescriptions and all testosterone prescriptions. Topical vaginal estrogen creams and progesterone only prescriptions do not need monitoring. Supplements and nutraceuticals for symptoms do not need monitoring.
- Want to revise your plan?** Add a visit at any time. Sometimes we need to revisit advanced testing and take a deeper dive again.

**Non Members may participate in our EvexiPel program for an enrollment and annual fee of \$799**

\*\* DOPC reserves the right to change fees and included services listed above at any time and without notice.