

WOMEN'S HEALTH



Well Woman Exam

\$300

- Comprehensive examination (breast exam, cervical cancer screening if needed), includes discussion about preventative health care, including lifestyle modifications, use of supplements and hormone assessment

Contraceptive Counseling

\$200

- Discuss various contraceptive methods, risks and benefits, effectiveness, side effects, and potential risks of each, including hormonal and non-hormonal options.

IUD or Nexplanon insertion, removal, or removal and reinsertion

\$200

- Requires contraceptive counseling visit prior to scheduling

Hormone Optimization

\$400

- We specialize in customizing hormones, vitamin levels, as well as other biomarkers on lab tests to optimize wellness for women. We may recommend saliva testing and some serum (blood testing) for most women to get a full picture of your unique hormone levels and we will do our best to make it affordable. Your custom therapy plan may incorporate hormone replacement, vitamin supplements, and lifestyle modifications.
- This package involves two in-office visits:
 - The initial visit will be a comprehensive assessment of health, symptoms, lifestyle and recommendations for testing.
 - Once we have the results, we will discuss by telephone options and treatment recommendations.
 - You then schedule the Hormone Optimization 3 month Follow-Up visit after starting treatment recommendations.

Hormone Optimization 3 Month Follow-Up

\$300

- This is scheduled 3 months after initiation of treatment recommendations as provided after your Hormone Optimization consult and telephone follow up.

Gynecological Concerns

\$300

- Painful and heavy periods, pelvic pain, vaginal infections, sexually transmitted infections, pain with sex, vaginal dryness

STI Screening

\$200

- Testing for sexually transmitted infections (STI) in individuals who are sexually active. This appointment involves taking a medical history and physical exam. We will collect a specimen by swabbing the genital area or collecting a urine sample. We will also discuss serology testing through an external laboratory.

Sports Physical

\$75

- This is a medical evaluation and completion of forms required by a school district, organization, or club to clear a child for participation in certain physical activities. These visits do not replace an annual well-child exam. *This service is typically not covered by insurance.*