

WOMEN'S HEALTH



Well Woman Exam

\$300

- Promote and maintain the overall health of the reproductive system as well as assess for any potential health problems

Contraceptive Visit

- IUD insert - Mirena, Paragard, Kyleena **\$200**
 - Includes a pre screening telephone visit prior to insertion visit
- Nexplanon insert **\$200**
- General contraceptive counseling **\$150**
- IUD removal only **\$100**

Hormone Optimization

\$700

- We specialize in customizing hormone optimization for women in their mid-life. We recommend saliva testing and some serum (blood testing) for most women to get a full picture of your unique hormone levels and will do our best to make it more affordable. Your custom therapy plan may incorporate hormone replacement, vitamin supplements, and lifestyle modifications specific to your needs.
- This package involves three visits:
 1. Our initial visit will focus on your symptoms and recommended testing. We supply you with the kit to self collect at home. It generally takes 2-3 weeks to receive results after you have submitted your kit.
 2. Once we have those results, you will come back for a visit to discuss treatment recommendations.
 3. We will then follow up 3 months after initiation of the plan.

Gynecological Concerns

\$200

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

STI Screening

\$150

- 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

- 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.*