



FUNCTIONAL WELLNESS PROGRAM OVERVIEW

INITIAL FUNCTIONAL WELLNESS VISIT

DURATION: 60–75 MINUTES

COST: \$225

This visit is ideal for anyone seeking a deeper look at their current state of health or interested in exploring treatments such as:

- Weight Management
- Hormone Balance
- IV Nutrition Therapy
- Peptide Therapy

YOUR CONSULTATION INCLUDES:

- A comprehensive evaluation with a Board-Certified Nurse Practitioner or Physician Assistant
- Detailed body composition analysis and vital signs
- Review and interpretation of lab results (if available at time of visit)
- Supplement, nutrition, and lifestyle recommendations tailored to your needs

Please Note:

If you already have recent labs (within the last 4 weeks), your provider will review them during this visit. If labs are not available, we will order them and schedule a separate fee based follow-up to review the results

FUNCTIONAL WELLNESS PROGRAM OVERVIEW CONTINUED

Lab & Billing Details

We use Rupa Health to order labs through Labcorp, so you can choose the most convenient location. We do not bill through insurance, but we are always upfront about pricing.

- CBC – \$4
- CMP – \$8
- CRP, HS – \$11
- DHEA-S - \$9
- FSH & LH - \$20
- Homocysteine - \$20
- Fasting Insulin – \$16
- lipase - \$9
- progesterone - 5
- Test, Free & total w/shbg - \$28
- Thyroid Panel – \$25
- TPO Antibodies – \$20
- Vitamin B12 – \$10
- vitamin d - \$20
- lipid panel - \$4
- Hemoglobin A1C – \$4
- estradiol - \$60
- Total HCG – \$12

FOLLOW-UP OPTIONS FOR LAB REVIEW

If labs are ordered during your initial visit, we will need to schedule a separate consultation for full interpretation and next steps:

Mini Follow-Up (15 min) – \$75

- Quick lab or symptom check-ins
- Supplement or lifestyle tweaks
- Clarifying instructions or guidance

Standard Follow-Up Options:

- 30 min – \$125
- 60 min – \$225

IMPORTANT REMINDERS

- Be sure to complete your online forms before your visit.
- Your results are interpreted through a functional medicine lens, not just "normal" ranges.
- We focus on personalized care, taking into account your history, symptoms, and goals.
- You may repeat this consultation annually to stay on top of your health.

