

Hormone Optimization : The **biote** Method

Step One: Consult and Labs

\$300 total

Hormone Consult: 30 min

\$150

- New patient: full evaluation
- Symptoms/goals and concerns all discussed
- Labs will be drawn to get the full evaluation of your hormonal health to help guide options and create the perfect plan for you.

Pre-Pellet Hormone Labs

\$150

Estradiol (E2), Total Testosterone, FSH

TSH, Free T4, Total T3 and TPO antibodies

CBC with diff, Complete Metabolic Panel

Vitamin D and Vitamin B12

Required prior to pelleting to help calculate personal dosing and treatment plan

Step Two: Lab Review and Hormone Therapy/Pelleting

Lab Review/Treatment Plan: 60 min

- 1-2 weeks later return to clinic to meet with Allie, PA-C, your certified hormone specialist, and discuss your labs and how they correlate with your symptoms.
- After discussing your customized/personalized treatment plan we can start your treatment right away.

Female - First Pellet Insertion

\$400

Male - First Pellet Insertion

\$725

Step Three: Post-Pellet Labs

Post-Pellet Hormone Labs

- 4-6 weeks after treatment, we will recheck labs to ensure adequate dosing.
- We will see how you are feeling and discuss labs/recommendations.
- If you require additional booster then this will be complimentary.
- Once dosing is optimized you will see your certified hormone specialist every 3-4 months (females) or 4-6 months (males) for treatment

Total/Free Testosterone

Estradiol (E2)

FSH

\$50



ACCESS LABS

LABS DRAWN ONLY IN OFFICE WITH DISCOUNTED PRICE

- ▶ Hormone panels are not typically covered by insurance
 - Discounted lab panels here
 - Access Labs can create a "superbill" so you can try to get reimbursement from insurance
 - MUST NOTIFY US AHEAD OF TIME



Pre-Pellet Hormone Evaluation

\$150

Estradiol (E2), Total/Free Testosterone, FSH, SHBG, PSA

TSH, Free T4, Total T3 and TPO antibodies

CBC with diff, Complete Metabolic Panel

Vitamin D and Vitamin B12

Required within 3 months prior to pelleting and will guide on adequate hormone dosing and overall care. Slightly varies by sex



Post-Pellet Hormone Labs

\$50

Estradiol (E2)

Total/Free Testosterone

FSH

Ensures adequate dosing and guides on if booster pelleting is required. No cost for booster dose



LABS ONLY AVAILABLE IN OFFICE THROUGH CASH PAY

- ▶ We **do not** offer lab orders for outside testing at other labs including Labcorp, Quest, etc.
- ▶ They have proven to charge a lot more money and insurance doesn't cover hormones
- ▶ Patients end up with denied claims, headaches and a massive bill