



Memberships and Packages

In order to provide healthcare that doesn't suck - we CANNOT accept insurance.

We are happy to provide you with a Superbill and office notes for reimbursement.

We DO accept HSA.

Review our late/cancellation policy on our website.

Concierge Care Memberships	
Memberships are <u>OPTIONAL</u>	
All Memberships Include: <ul style="list-style-type: none">• Direct provider contact - call/text 7a-7p 7 days a week, except when provider is on vacation.• Priority scheduling - (within 24 hours, often within 6 hours, NO appointment bumps unless emergent).• \$5 “Quick Calls”• \$7.50/unit Botox and \$2/unit Dysport (no additional discounts).• Additional benefits listed below. <p>All memberships require 3 month commitment.</p> <p>After 3 months: Cancel at <u>any time with a prorated refund.</u></p>	
Copper <ul style="list-style-type: none">• Above Services PLUS:• Visit fees discounted: Very Complex \$75, Complex \$50, Moderate \$30, Simple \$20, additional quick calls \$5• 20% off all services (IV therapy, esthetics, flu testing, injections, EKG etc.)• 20% off all service fees (night, weekend, holidays, mobile, etc.)	\$49/individual \$29 each additional household family member
Gold <ul style="list-style-type: none">• Above Services PLUS:• Visit fees discounted: Very Complex \$50, Complex \$25, Moderate \$20, Simple \$15, additional quick calls \$5• 30% off all services (IV therapy, esthetics, flu testing, injections, EKG etc.)• 30% off all service fees (night, weekend, holidays, mobile, etc.)	\$99/individual \$49 each additional household family member
Platinum <ul style="list-style-type: none">• Above services, PLUS gold services, plus:• First Priority Scheduling• Access to provider's private number for overnight contact.• 20 hours per year of advocacy/private care (provider will come to appointments, hospital, or provide skilled nursing care) per member.• Visit fees discounted: Very Complex \$20, Complex \$10, Moderate \$5, Simple \$5, additional quick calls \$5• 50% off all services (IV therapy, esthetics, flu testing, injections, EKG etc.)• 50% off all service fees (night, weekend, holidays, mobile, etc.)	\$499/individual \$199 each additional household family member
Total Health Management Add-On <ul style="list-style-type: none">• Your provider is your total health manager.• Will schedule appointments on your behalf, keep track of records, ensure proper follow up.• Will validate accuracy of medical bills, manage insurance coverage.• Will provide text reminders for pending labs, appointments etc.• Will keep track of when various routine screenings are due.	\$299/individual \$199 each additional household family member

Packages	
Packages are <u>mandatory</u> for weight loss, hormones and health/lifestyle modification.	
All packages <u>include</u> copper-level membership benefits.	
Weight Loss / Lifestyle	
Option A <ul style="list-style-type: none">• <u>Short Term weight loss plan with medications and minimal supervision.</u>• Not recommended.• Weight Loss Medications - Estimated cost \$50-\$200/month.• 6 month commitment.• Includes optional monthly check-ins (telephonic, virtual or in-person).• Check-in required every 3 months to refill prescriptions.• Labs may be required depending on your personal health, can be done through insurance or cash pay. Estimated cost \$30-\$150 every 3-6 months.	\$99/month
Option B <ul style="list-style-type: none">• <u>Long term weight loss plan with medications.</u>• Weight Loss Medications - Estimated cost \$50-\$200/month.• 12 month commitment.• Extensive diet, exercise and lifestyle education to preserve lean mass and lose fat.• You will be required to participate via documentation (app, journal, other) of proof of diet/exercise compliance.• Includes optional weekly check-ins (telephonic, virtual or in-person) to problem solve to remove barriers, modify plans to fit ambient life changes.• IN PERSON monthly Check-in with weight required to refill prescriptions.• Continued weight loss required to maintain participation in program.• Labs may be required depending on your personal health, can be done through insurance or cash pay. Estimated cost \$30-\$150 every 3-6 months.• Taper from weight loss medications included.• FREE ongoing support to maintain weight loss after goals have been achieved and medications have been stopped. Includes monthly or quarterly in-person check ins. \$49/month (Copper Membership Plan).	\$250/month
Option C <ul style="list-style-type: none">• Long term plan for lifestyle related goals including weight loss (no medications or actively tapering) muscle building, mindfulness, etc.• 3 month commitment.• Extensive education pertaining to your goals with adjustments as needed.• You will be required to participate via documentation (app, journal, other) of proof of compliance.• Includes optional weekly check-ins (telephonic, virtual or in-person) to problem solve to remove barriers, modify plans to fit ambient life changes.• IN PERSON monthly Check-in with weight (for weight loss) required to stay enrolled.• Continued weight loss (or other progress) required to maintain participation in program.• Labs may be required depending on your personal health, can be done through insurance or cash pay. Estimated cost \$30-\$150 every 3-6 months.• Taper from weight loss medications included.• FREE ongoing support to maintain weight loss after goals have been achieved and medications have been stopped. Includes monthly or quarterly in-person check ins. \$49/month (Copper Membership Plan).	\$200/month
Bet On Yourself Add-On <ul style="list-style-type: none">• Great for people who struggle with accountability.• Failure to hit predetermined goals results in a fine.<ul style="list-style-type: none">◦ Goal and fine dollar amount are individualized, selected and agreed upon in advance. Results in a fine paid to Performance Health.• Examples:<ul style="list-style-type: none">◦ Goal to lose 10lbs in 1 month. Lost 8. \$50 fine paid to Performance Health.◦ Goal to work out 3 days per week. Exercise history checked on apple watch, shows 4 workouts per week. No fine paid.◦ Goal to track food 25 out of 30 days. My fitness pal history shows tracking on 23 days. \$5 fine paid.	\$20/month plus any incurred fines.

Hormones	
Male <ul style="list-style-type: none">• Enclomiphene, testosterone pellets, injection or troches, post cycle therapy to help regain natural T production. Pellet insertion extra \$150 each.• Cost of medication paid to the pharmacy directly - cash pay cost \$20 to \$150 per month.• Includes visit every 4-6 weeks until stable on dose, then every 8-16 weeks. May be virtual, telephonic or in-person.• Labs are an added cost, often covered by insurance. Initial cash pay price for labs is approximately \$200, then \$20-\$100 every few months thereafter.• Routine labs for initial include CBC, CMP, PSA, Cholesterol, Prolactin, High Sensitivity Estradiol, LH, FSH, Testosterone level free and total, DHEAS, SHBG, and TSH. Commonly rechecked labs at 4-16 week intervals include CBC, Testosterone free and total and lipids.	\$99/month
Female <ul style="list-style-type: none">• Enclomiphene, testosterone pellets, injection or troches, post cycle therapy to help regain natural T production. Pellet insertion extra \$150 each.• Cost of medication paid to the pharmacy directly - cash pay cost \$20 to \$150 per month.• Includes visit every 4-6 weeks until stable on dose, then every 8-16 weeks. May be virtual, telephonic or in-person.• Labs are an added cost, often covered by insurance. Initial cash pay price for labs is approximately \$200, then \$20-\$100 every few months thereafter if on testosterone. If not on testosterone then labs are generally every 6-12 months.• Routine labs for initial include CBC, CMP, Progesterone, Pregnenolone, Cortisol, Cholesterol, Prolactin, High Sensitivity Estradiol, LH, FSH, Testosterone free and total, DHEAS, SHBG, and TSH. Commonly rechecked labs include CBC, Testosterone levels and lipids. Commonly rechecked labs at 4-16 week intervals include CBC, Testosterone free and total and lipids - IF on testosterone. If not on testosterone repeat labs not necessary until 6-12 months.	\$79/month

Pricing subject to change without notice.

Membership Ground Rules

- **Yes, you can buy something for someone else at your price if you are a member. This is offered as a courtesy and is allowed for up to \$2,000 retail cost services per year per member group (individual + added members).**
- **No, you cannot apply any additional discount to your services. If there is a special you want to take advantage of, you may select the lower price.**
- **Yes, prices may change. If we change the cost of our membership at any time, you may cancel. Your monthly membership dues and discount rate is guaranteed for 1 year after signing up.**
- **If prices of services change, we will honor previous pricing for 6 months at your request.**

Example Membership Cost Comparisons				
	NO MEMBERSHIP	COPPER	GOLD	PLATINUM
Quick Call	\$20	\$5	\$5	\$5
Simple	\$35	\$20	\$15	\$5
Moderate	\$60	\$30	\$20	\$5
Complex	\$125	\$50	\$25	\$10
Very Complex	\$200	\$75	\$50	\$20
Mobile (Fee Varies)	\$50	\$40	\$30	\$15
Weekend Fee	\$100	\$80	\$60	\$30
Graveyard Fee	\$50	\$40	\$30	\$15
Dysport	\$4/unit	\$2/unit	\$2/unit	\$2/unit
Botox	\$14/unit	\$7.50/unit	\$7.50/unit	\$7.50/unit
IV (Price Varies)	\$250	\$200	\$175	\$125
Flu/COVID Test	\$20	\$16	\$14	\$10
In-House Lab Draw	\$50	\$40	\$35	\$25
Appointment with Stitches	\$210	\$180	\$125	\$80
PRP Joint Injection W/Ultrasound	\$560	\$448	\$392	\$280
Membership Fees				
First Member	\$0.00	\$49	\$99	\$499
EachAdditional Member	\$0.00	\$29	\$49	\$199