

UPCORE WELLNESS

Women Services, Labs & Pricing

Targeted Therapy. Total Confidence.

UpCore Wellness provides personalized, evidence-based care through a hybrid telehealth and in-clinic model. All services are self-pay unless otherwise noted.

WEIGHT OPTIMIZATION SERVICES

(GLP-1 & Oral Weight-Loss Management)

Weight Optimization - Initial Evaluation

A comprehensive medical evaluation focused on weight-related concerns, metabolic health, and individualized treatment planning. Treatment options may include lifestyle strategies, oral medications, injectable therapies (such as GLP-1-based treatments), or a combination approach.

Fee: \$189

Lab Services (if indicated):

- Insurance-based labs (outside facility): \$85*
 - Clinic-managed labs (Standard): \$225*
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Weight Optimization - Follow-Up & Ongoing Management

*Ongoing medical management to assess progress, manage medications, adjust treatment plans, and support long-term success. Applies to **both** GLP-1 and oral weight-loss programs.*

Fee: \$129

(Laboratory testing not included unless indicated)

Hormone Support & Management

Hormone support and management is designed to address symptoms related to hormonal changes, including low energy, sleep disturbances, mood changes, and decreased libido. Care is personalized based on your symptoms, medical history, and clinical evaluation, with ongoing monitoring and adjustments as needed to support your overall health and well-being.

Hormone Support - Initial Evaluation

A comprehensive evaluation of symptoms, hormone health, and overall wellness to determine candidacy for hormone support and management and develop an individualized treatment plan.

Fee: \$189

Lab Services (if indicated):

- Insurance-based labs (outside facility): \$85*
 - Clinic-managed labs (Comprehensive): \$275*
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Hormone Support - Follow-Up & Monitoring

Ongoing management are focused on monitoring your progress, reviewing symptoms, and making any necessary adjustments to your treatment plan. Ongoing care ensures your plan remains safe, effective, and aligned with your goals.

Fee: \$129

(Laboratory testing not included unless indicated)

Lab Services (if indicated):

- Insurance-based labs: \$85*
- Clinic-managed labs (Standard): \$225*

PEPTIDE THERAPY

Peptide Therapy - Initial Evaluation

A personalized medical evaluation to determine whether peptide therapy is appropriate based on individual goals such as recovery, performance, metabolic health, or overall wellness.

Fee: \$189

(Laboratory testing not included unless indicated)

Lab Services (if indicated):

- *Insurance-based labs (outside facility): \$85*
- *Clinic-managed labs (Comprehensive): \$275*

Peptide Therapy - Follow-Up

Continued monitoring and adjustment of peptide protocols based on clinical response and goals.

Fee: \$129

(Laboratory testing not included unless indicated)

LAB SERVICES & DIAGNOSTIC TESTING (IF INDICATED)

Laboratory testing may be recommended based on medical history, symptoms, and clinical judgment. Patients may choose between insurance-based labs at an outside facility or clinic-managed labs coordinated by UpCore.

Insurance-Based Labs (Outside Facility)

Laboratory testing is performed at an external laboratory using insurance. UpCore coordinates ordering, documentation, and results review.

Lab Coordination Fee: \$85

(Laboratory and insurance costs are billed separately by the lab)

Clinic-Managed Labs (UpCore / Rupa Health)

UpCore coordinates laboratory testing from start to finish.

Lab Services & Diagnostic Fees (All-Inclusive):

- *Standard Diagnostic Labs: \$225*
- *Comprehensive Diagnostic Labs: \$275*

These fees include:

- *Laboratory testing coordinated through Rupa Health*
- *In-clinic phlebotomy*
- *Specimen handling and processing*
- *Results tracking and provider review*

Insurance Coverage Notice

Insurance coverage for laboratory testing varies by plan. If any recommended tests are not covered by insurance, patients may elect to proceed with clinic-managed testing or decline the uncovered tests. If clinic-managed testing is used, the applicable lab services fee applies.