PROGRAM COMPARISON GUIDE

Personalized Hormone & Metabolic Support Options

FEATURE	FOUNDATIONS PROGRAM	COMPREHENSIVE OPTIMIZATION
Best For	Women beginning their hormone & wellness journey	Women needing deeper, ongoing hormone & metabolic support
Focus	Foundational hormone, metabolic & lifestyle assessment	Comprehensive hormone optimization & personalized wellness care
Ideal Symptoms	Fatigue, cravings, mild weight resistance, poor sleep, stress, feeling "off"	Perimenopause symptoms, stubborn weight changes, chronic fatigue, mood shifts, metabolic concerns, complex hormone symptoms
Initial Consultation	✓ Included	✓ Included
Lab Review	Standard hormone/metabolic labs	Advanced & expanded lab interpretation
Personalized Care Plan	✓ Included	Comprehensive customized protocols
Prescription Management	Included if clinically appropriate	Ongoing optimization & management
Follow-Up Visits	2 follow-ups	4+ follow-ups with closer monitoring
Messaging Support	Standard support	Priority support
Lifestyle Guidance	Nutrition, sleep & stress recommendations	More in-depth wellness & lifestyle optimization
Supplement Recommendations	Basic recommendations	Personalized targeted protocols
Care Experience	Structured & supportive	More hands-on, personalized & comprehensive
Investment	**Starting at $347**	**Starting at $547**