



## Visit Types & Pricing – Optimal You Today

### Initial New Patient Visit – \$350

Your first 60-minute visit is a comprehensive consultation designed to uncover the root cause of your symptoms. We will:

- Review your medical history, symptoms, and current lifestyle
- Discuss prior lab work and determine if additional testing is needed
- Create a personalized treatment plan focused on hormone balance, weight management, and overall wellness

*Note: Medications and supplements are not included in the visit fee and will be paid for separately.*

### Initial Visit for Former Patients – \$250

This 60-minute session is for patients reestablishing care. We'll revisit your previous treatment history, assess any changes, and determine current goals and next steps in your health journey.

### Follow-Up Visits – \$200

Follow-up visits (30 minutes) are structured to monitor progress, review lab results, and adjust your care plan as needed. These visits support your ongoing success in hormone balance, weight management, and lifestyle optimization.

### Botox Evaluation & Treatment – Pricing Varies

Each Botox or neuromodulator visit includes a full evaluation to discuss your aesthetic goals. Treatment areas and dosage will be determined based on your needs. Pricing will be discussed during your consultation.

### Payment Policy

Optimal You Today is a private pay practice. We do not accept insurance. Payment is due at the time of service.

We accept the following forms of payment:

- Credit Cards
- Debit Cards
- Cash
- Health Savings Accounts (HSA) / Flexible Spending Accounts (FSA)

A receipt can be provided upon request. It is the patient's responsibility to submit this receipt to their insurance provider or HSA/FSA program for potential reimbursement.