



OCTOBER 2025

Insider Clinic Updates

You received a link to this notice because you have received care with us within the recent weeks or months, or perhaps are one of many that are using our membership benefits. First and foremost, **we appreciate you!** The intent of this update is to share some necessary changes that may effect you.

PRACTICE GROWTH TO BETTER SUIT YOUR NEEDS AND SUPPORT OUR COMMUNITY



We will work with your insurance to determine eligibility for name brand drugs, but in certain cases you may be eligible for a lower cost compounded version.

1. Membership Will Remain The Same

Active members who are on a recurring subscription for \$79 per month will continue to have the same benefits! While this is most popular for our weight loss clients, it is available to the general public. Membership benefits are outlined on page 4.

2. Compounded Medication Price Changes

While most compounded weight loss medications will have a slight increase in pricing, one pharmacy has reduced pricing. We are frequently updating our prices accordingly, communicating with the compounding pharmacies for updates, and aim to maintain availability of these otherwise costly medications. **Current weight loss clients will remain on prior pricing terms until November 1st, 2025.** See page 3 for details.

3. Urgent Care and PCP Bridge Price Changes

For non members the price-per-visit will increase slightly to \$99-\$129 (depending on complexity, need for additional testing, referrals, etc).

4. New Consultation Prices

New hormone consultations (for men and women) will now be \$299 and will continue to include the first two visits and a lab order. For those that are uninsured or have a high out-of-pocket premium, we can also include labs for \$499.

New weight loss consultations are \$199 for the first visit, and follow-up appointments will be \$79-\$99. Membership is strongly encouraged to support those needs that arise in between visits (\$79 per month).



5. Lab Changes

We will continue to provide low cost self-pay lab services using our outside affiliate where we draw blood in-house and ship it directly to the lab. We also have the option of utilizing your health insurance for labs processed through **Quest Diagnostics** (but also drawn in our Hermon office); these will incur a \$25 processing charge.

5. No Show Policy



Our no-show policy has never been strictly enforced, however due to an increase in missed appointments over the past few months, and with a growing list of clients patiently waiting for care, we will now be strictly enforcing the policy. We understand that unexpected situations may arise, and we greatly appreciate timely communication regarding any changes to your scheduled appointment. Please note that appointments that are cancelled or rescheduled within 24-hours and missed appointments with no communication will incur a \$25 fee. Clients with repeated (3 or more) no-shows or last-minute cancellations may be required to prepay in order to schedule future appointments and may no longer be eligible for membership. We try our best to accommodate everyone's scheduling needs and would greatly appreciate open communication.



WHY THESE CHANGES?

Some of these updates reflect rising costs, but most are designed to support our growth and the need for additional staff to serve our community. We aim to continue being affordable, efficient and timely. We're excited that our amazing FNP, Lauren, will soon be offering more hours – helping us care for our community at a time when so many clinics and urgent cares have unfortunately closed.

PRICE CHANGES

EFFECTIVE OCTOBER 1, 2025

- **HRT Consultation: \$299** (includes 1st and 2nd appointment) if using insurance for labs, or **\$499** including labs
- **Weight Loss Consultation: \$199**
- **Urgent Care and PCP Bridge: \$99-\$129** (depending on complexity)
- **Membership will remain \$79/month** after initial visit, or a one time enrollment and physical exam for **\$149**

What about membership?

Our membership model is available to the general public.

An initial enrollment of \$149, and a physical examination, followed by \$79 monthly recurring subscription will provide you with:

- Concierge Type Medicine
- Covered Medical Appointments (including chronic disease management, urgent care, hormone or weight follow-ups, and primary care bridge services)
- Urgent Care Priority Scheduling
- Discounted aesthetic treatments, vitamin injections, IV hydration

What is concierge medicine?

- Direct access to your care team via HIPAA secure texting or calls,
- Expedited care for urgent needs,
- Longer and less rushed appointment times,
- A focus on prevention, wellness, and individualized care

Can I use my insurance for other things, like my medications?

Yes, despite us being a self-pay clinic, you can still use your health insurance for most labs and medications. We will often complete prior authorizations on your behalf, but if we experience barriers preventing you from receiving necessary medications, we will also review self-pay compounded medication options!

SEMAGLUTIDE COMPOUND OPTIONS

STANDARD DOSING IS 0.25MG TO 2.5MG WEEKLY

STRIVE

5MG/ML

Semaglutide/B12/Glycine

0.5ml vial (2.5mg) \$160

1ml vial (5mg) \$210

2ml vial (10mg) \$235

EMPOWER

5MG/ML

Semaglutide/B12

1ml vial (5mg) \$175

2.5ml vial (12.5mg) \$245

Name brand Wegovy for self-pay uninsured patients is \$499 per month.

TIRZEPATIDE COMPOUND OPTIONS

STANDARD DOSING IS 2.5MG TO 15MG WEEKLY

STRIVE

10MG/ML

Tirzepatide/B12/Glycine

1ml Vial (10mg) \$170

2ml vial (20mg) \$245

3ml Vial (30mg) \$320

4ml vial (40mg) \$385

EMPOWER

17MG/ML

Tirzepatide/Niacinamide

2ml Vial (34mg) \$315

4ml vial (68mg) \$515

LillyDirect Self Pay pharmacy has name brand Zepbound single dose vials: 2.5mg for \$349 per month, all other doses are \$499 per month.

Member Benefits

\$ 7 9 / MONTH
AFTER INITIAL CONSULTATION

Active enrolled members receive the following benefits:

- Medical appointments included! This includes an annual preventative (often with initial enrollment visit), urgent care visits if needed and PCP bridge services for management of other chronic conditions (prescription management, labs, etc), monthly weight loss follow-up appointments and hormone/wellness follow-up appointments.
- Direct access to your care team via our Spruce HIPAA secure texting/call line.
- Access to discounted labs through an outside affiliate if desired,
- Discounted a-la-cart services (see below):

A-LA-CART

Neurotoxins (“botox”)
Dermal Fillers
Vitamin Injections
Body Composition Scans
IV Infusions

PRICE FOR MEMBERS

\$1-\$2 off per unit
\$50 off per syringe
\$15 Each
FREE
\$10 Discount

Get to Know Us

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Thank you for YOUR CONTINUED SUPPORT

