

YOUR HORMONE OPTIMIZATION GUIDE

Hormone replacement therapy

Everything you need to know about your HRT program — how it works, what to expect, and how we monitor your progress.

PROGRAM: Monthly Membership

INCLUDES: All Medications + Labs

01 THE BASICS

What are hormones?

Hormones are chemical messengers that control nearly everything — energy, mood, metabolism, sleep, sex drive, and body composition. They peak in your 20s and decline every year after.

By the time most people notice something is off — fatigue, weight gain, brain fog, low drive — their hormones have been declining for years. Bioidentical HRT restores your hormones to optimal levels using compounds identical to what your body naturally produces.



How it works

A personalized approach — not a one-size-fits-all prescription.

Baseline Labs

We test your hormones, thyroid, and metabolic markers to see exactly where you stand — not just "normal range" but optimal range.

Medications Included

All hormone medications, supplies, and syringes are included in your membership. No extra pharmacy costs.

Custom Protocol

Your provider reviews results and builds a personalized plan — testosterone, estrogen, progesterone, and/or thyroid — whatever you need.

Ongoing Monitoring

Quarterly lab monitoring to track progress and adjust doses. Your provider stays on top of your numbers so you don't have to.

What we check that others miss

Most doctors test total testosterone and call it a day. We go deeper.

Free Testosterone

Total testosterone doesn't tell the full story. Free testosterone is what your body actually uses — and it's what we optimize.

Full Thyroid Panel

Not just TSH. We test T3, T4, and thyroid antibodies to catch subclinical thyroid issues that others miss.



Estrogen Metabolites

Estrogen balance matters for both men and women. We track metabolites to prevent imbalances as hormones are optimized.

Optimal Ranges

"Normal" lab ranges include sick people. We use optimal ranges — where you feel and perform your best.

04 PRICING

HRT monthly membership

All-inclusive. No hidden costs. Everything you need in one monthly price.

MONTHLY MEMBERSHIP

\$299 /mo

- ✓ All hormone medications
- ✓ Testosterone, estrogen, progesterone as needed
- ✓ Thyroid optimization
- ✓ All supplies and syringes
- ✓ Quarterly lab monitoring
- ✓ Unlimited provider visits
- ✓ Direct messaging with provider
- ✓ 1 Range IV per month (\$225 value)

Baseline Labs Required

Before starting HRT, we need baseline labs to build your protocol. Essential Panel: \$399 / Elite Panel: \$799. Both include a consultation with your provider to review the results.



Getting started

Your provider will walk you through everything — here's the overview.

1**BASELINE LABS**

Get your blood drawn at our clinic. Results come back in 3-5 business days.

2**PROVIDER REVIEW**

Your provider reviews every result with you, explains what it means, and builds your custom protocol.

3**LEARN TO INJECT**

We teach you injection technique at the clinic. Testosterone is typically dosed every 3.5 days. Most patients self-inject at home in under a minute.

4**STAY CONSISTENT**

Don't skip doses — consistency is key. Store medications as instructed. Set reminders on your phone for injection days.

What to expect

Everyone responds differently, but here's what patients typically experience.

WEEK 1-2

Body begins adjusting. Some notice improved sleep early on.

WEEK 3-4

Energy and mood often start improving. Mental clarity begins to sharpen.



MONTH 2-3

Noticeable changes in energy, body composition, and mental clarity. Libido often improves.

MONTH 3-6

Full optimization. Labs recheck and dose adjustments as needed. This is where you start feeling like yourself again.

07 SAFETY

Important safety information

DO NOT USE IF YOU HAVE:

- ✗ Active hormone-sensitive cancers (breast, prostate)
- ✗ Uncontrolled blood clotting disorders
- ✗ Severe liver disease
- ✗ Undiagnosed vaginal bleeding
- ✗ Pregnancy or breastfeeding

POSSIBLE SIDE EFFECTS:

- Injection site soreness
- Temporary mood fluctuation during adjustment
- Mild acne or oily skin (usually temporary)
- Changes in libido (typically improvement)
- Fluid retention (monitored with labs)

All side effects are monitored closely with quarterly labs. Your provider adjusts your protocol as needed.

Important: Individual results vary. These treatments are not FDA-approved to diagnose, treat, cure, or prevent any disease. All protocols are monitored by licensed providers with regular lab work.



Questions? We're here.

Whether you want to adjust your protocol or have questions about your labs, our team can help.

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