

Your Hormone Optimization Program guide

What you get, how to start, and what to expect. Simple and clear.

\$299 a month, three-month minimum. **Answer your monthly check-in text. It tells us how you feel, so we can track your progress and catch side effects early.**

01 WHAT YOU GET FOR \$299 A MONTH

One price. Every hormone medication, your provider visits, your follow-up blood work, and one Range IV a month are all in it. Nothing extra to pay.

WHAT YOU GET	WHAT IT MEANS	VALUE
Every hormone medication	Testosterone, boosters, enclomiphene, hCG, estrogen, progesterone, DHEA, thyroid, and support medicines. Whatever your provider prescribes for your hormones is in the price.	Included
Provider visits and dose changes	Your provider sets your dose from your labs and how you feel, then adjusts it as you go. No visit fee, ever.	Included
Follow-up blood work	We check your blood 8 weeks after you start, then every 3 months. It tells us the dose is working and safe.	Included
One Range IV a month	A Range IV every month, as part of your plan. Book it any time in the month. It does not roll over.	\$225 value each
Monthly check-in texts	Once a month we text you a short symptom check. It takes about a minute. Your provider reads every one.	Included
Text or call us any time	Have a question between visits? Text or call. We answer fast.	Included
Supplies	Needles, alcohol wipes, and a sharps box for take-home injections. Nothing to buy.	Included

02 HOW TO START

It starts with blood work. That is how your provider knows what your hormones are doing.

	STEP	WHAT HAPPENS
01	Blood work first	Pick the Essential Panel (\$399) or the Elite Panel (\$799). Already have recent blood work? Send it to us. If your provider says it is enough, you skip this step and pay nothing for labs.
02	Your provider looks it over	Your provider reads your labs, your history, and how you feel. Then they pick your medication and your starting dose.
03	Your first month	Month one is charged the day you start. You get your medication and we show you how to take it.
04	Labs at 8 weeks	We check your blood again at 8 weeks. Your provider adjusts your dose from what it shows. It is included.
05	Every 3 months after that	Blood work every three months while you are on the program, plus your monthly check-in text. Included.

03 HOW YOU PAY

\$299 a month. You are charged on the same day each month as the day you started.

We ask for three months to start. Month one, we get you on the plan. Month two, your body starts to respond and we check your labs. Month three, we lock in your dose. After that, it is month to month.

Your first blood work is paid once, on its own. Every follow-up blood test after that is included.

Three days before every charge we text and email you the date, the amount, and what it covers.

Add a second program, like weight loss or a peptide, and your plan moves to a combined membership on your next bill date. Your provider gives you the number first. Nothing changes the day it is added.

Want to stop? Tell your provider first. Stopping hormones all at once is rough on your body. We will make a plan with you.

Most multi-system optimization plans (2 to 3 areas at once) range from \$749 to \$999 a month. Your provider will recommend the right combination based on labs.

04 THREE THINGS THAT MAKE IT WORK

The medication does the heavy lifting. These three things make sure you feel it.

HABIT	WHY
Take it on schedule	Same day, same time, every time. Steady levels are what make you feel steady. A missed dose shows up as a bad week.
Answer your check-in and do your labs	Your monthly text and your blood work are how your provider tunes your dose. Skip them and we are guessing.
Sleep, lift, eat protein	Seven hours of sleep, weights 2 or 3 times a week, and protein at every meal. Hormones work with these, not instead of them.

05 SIDE EFFECTS

Most side effects are mild and show up in the first few weeks while your body adjusts. Your provider watches your labs for the ones you cannot feel.

COMMON AND USUALLY MILD

Acne or oily skin, usually the first 2 to 3 months

More body hair; scalp thinning if it runs in your family

Holding a little water; mild puffiness

Breast tenderness

Mood feels bigger, up or down, the first few weeks

Thicker blood (higher red blood cells). We watch this in your labs

Trouble falling asleep, or waking early, early on

Lower natural hormone production while on treatment. Expected

Soreness, a small bump or redness where you injected

Spotting or cycle changes (women)



CALL OR TEXT US IF

Mood changes that worry you or the people around you

Swelling in your legs, or fast weight gain from water

Breast pain or a lump

Snoring that gets much worse, or you stop breathing in your sleep

Headaches that keep coming back

Any side effect that lasts more than 2 or 3 weeks

You take blood thinners, blood pressure, or diabetes medicine

CALL 911 FOR

Chest pain, or pain that spreads to your arm or jaw

Sudden shortness of breath

Weakness or numbness on one side, trouble speaking

A swollen, painful calf

Hives, a swollen lip or throat, or trouble breathing

NOT FOR YOU IF

You are pregnant, trying to get pregnant, or breastfeeding

You have or have had prostate or breast cancer

Your red blood cell count is already too high

You have untreated severe sleep apnea or heart failure

You are allergic to any ingredient

06 GOOD TO KNOW

Missed a dose? Take it as soon as you remember unless your next one is due. Never double up.

Keep take-home medication at room temperature, out of sunlight, unless the label says fridge.

Change where you inject each time: thigh, belly, or glute, as your provider showed you.

Having surgery or anything with anesthesia? Tell the doctor you are on hormone therapy.

Donate blood? Tell us. It is sometimes how we manage thick blood, and timing matters.

Never stop your medication on your own. Ask your provider for a plan first.

Ready to start, or have a question? Text or call (949) 997-3988. 1901 Westcliff Dr. Suite 10, Newport Beach, CA 92660.