

## Bioidentical Hormone Therapy Packages and FAQ's

### Available packages:

1. Thyroid Optimization
  - a. Initial visit \$100
  - b. Follow-up visit \$60 (every 2-4 months initially, then annual)
  - c. Initial labs and then every 2 months until stabilized, then annual.

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2. Bioidentical Hormone Evaluation and Optimization
  - a. Initial visit \$250
  - b. Follow-up visit \$150 (every 2-4 months initially, then annual)
  - c. Initial labs and then labs every 2 months until stabilized. Annually after that.

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3. Weight Loss Assessment
  - a. Initial visit \$150
  - b. Follow-up visits \$100 (schedule to be decided)

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4. Health Assessment
  - a. Initial visit \$250
  - b. Follow-up visits to be decided at \$100
5. Total Health Assessment- BHRT, Weight loss and Life balancing
  - a. Initial visit \$350
  - b. Follow-up visits \$175 (every 3 months at least for 1<sup>st</sup> year then schedule to be determined)

### FAQ's

1. How do I know which one is right for me?
  - a. *"Thyroid only"* is a good package for men and women usually older than 40 years-old without any significant complaints aside from those of possible loss of optimal thyroid functioning. If you have diagnosed hypothyroidism, your insurance will pay for a regular visit and lab testing.
  - b. *"BHRT optimization"* for women who are menopausal or have other hormonal issues. This is a good package for men who think they may be suffering from "andropause." You can go online and fill out the ADAM questionnaire if you are wondering if you have those symptoms.
  - c. *"Weight loss assessment"* is appropriate if your main concern is weight loss only. That would mean that you do not have another "hormonal" issue and are not having untreated menopausal symptoms.
  - d. *"Total health assessment"* is when we will take a look at ALL the areas of your life and see where you may be out of balance. This is a more holistic approach to help deal with other

stressors and habits that may be creating poor health. This may present with inability to make lasting changes in your health and persistent complaints of low energy and chronic dissatisfaction.

2. How do I get started?
  - a. Once you know that you want to proceed with one of the above packages, please call the office at 682-2511. Please let the front desk know that you are interested in a “BHRT” visit with Dr. Hutton. We will then connect with you to determine that this is a good fit. If we decide to proceed, the front desk will call you to make an appointment and talk e about your lab order. You will need to come to Dr. Hutton’s office and sign some paperwork on the day you visit the lab. At that time, please make an appointment at least 14 days after the labs have been drawn and pick up all of the forms you will need to get started at your first visit.
  - b. Jerri Dion, in our business office will also be calling you to set up your payment options.
3. How much do the labs cost?
  - a. Initial labs for BHRT Men are \$135 and Women are \$155. Initial Thyroid lab panel is \$65. Initial Weight loss panel is \$100.
4. Where can I get my labs drawn?
  - a. If you get your labs done at the Lake Chelan Clinic, you will get the preset pricing. The labs will all be done at Quest. If you get your labs done at any other location, there is no price estimate.
5. Can I get paperwork to bill my insurance?
  - a. If you would like to get documentation to provide to your insurance company, please call Jerri Dion at 682-3300 ext. 6360 or email her at [jdion@lcch.net](mailto:jdion@lcch.net).
6. How do I get in touch with Dr. Hutton if I have questions or am having problems?
  - a. Dr. Hutton is in the office Monday, Wednesday, Thursday and Friday. Please call and leave a voicemail and your call will be returned within 1-2 business days depending on the urgency of your issue.