

New Patient Information

Bioidentical Hormone Replacement Therapy

Thank you for taking an interest in your health. We are looking forward to partnering with you on your journey to optimum health. We know that wellness leads to a life in which you can love your age rather than dread it. The contents of this package detail the first steps toward reclaiming your vitality.

Below are the steps to personalize your experience with AgeWell and bioidentical hormone replacement therapy.

1. Call our office and we will make arrangements for your lab work and schedule your first in-office appointment with Dr. Garza. Lab work needs to be completed at least three business days prior to your first scheduled appointment.

Female patients

It is required that all female patients have a current annual breast and pelvic exam with their primary care provider or gynecologist prior to receiving bioidentical hormone replacement.

Male patients

It is recommended that all male patients have a current digital prostate exam. We can do one in office or accept results from your primary care provider. An annual prostate exam will be recommended if hormone replacement therapy is initiated. If you choose to waive this exam you will be required to sign a waiver of liability.

2. Initial Appointment – approximately 60 minutes
 - Review completed health questionnaire – discuss symptoms, medical history, problems, etc.
 - We will go over your past medical history, labs, and what has and has not worked well for you thus far in your health journey. Dr. Garza will make hormone dosage recommendations and coordinate a treatment plan with you.
 - Additionally, Dr. Garza will formulate a total health optimization plan focusing on your ultimate goals with AgeWell.
 - If pellet therapy is to be initiated, we can typically insert pellets at your first appointment.
3. Thirty day Follow Up Appointment –approximately 30 minutes
 - Lab orders will be on file for you and must be completed at least 3 business days prior to this appointment.
 - Dr. Garza will go over your one month lab results and a follow up health questionnaire with you. This appointment is conducted, at your preference, either over the phone or in the office.

New Patient Information, continued

4. Second Dosing/Pellet Appointment-approximately 30 minutes
 - Lab orders will be on file for you and must be completed at least 3 business days prior to this appointment.
 - By this appointment you will have been on bioidentical hormone replacement therapy for three months. The doctor will evaluate your three month labs and health questionnaire for symptom changes and address any quality of life changes.
 - We will schedule your next appointment for approximately three months. If you are a hormone pellet patient you will get your next pellet at this appointment.

In summary, during the first year of therapy you will have labs at one month, three months, six months, and one year. After this initial year we will follow labs every six months even though you may get pellets more frequently. Most patients receiving bioidentical hormone pellets will receive those in office approximately every three months. If your bioidentical hormone replacement therapy does not include pellets, you will be required to see the doctor each year if you would like to continue to receive hormone prescriptions.



Bioidentical Hormone Replacement Fee Acknowledgement

Preventative medicine combined with BHRT is a unique practice and considered a form of alternative medicine. Although our physician is a Texas state licensed medical practitioner, insurance does not recognize it as necessary medicine. BHRT with pellets is considered like aesthetic medicine and is therefore not covered by health insurance in most cases.

Our BHRT service is not associated with any insurance company, which means they are not obligated to pay the services (bloodwork, consultation, creams, pills, insertions or pellets). If you are a patient who has access to a health savings accounts, you may use that as a way to pay for your treatment.

Initial lab fee based on panel selected by patient:.....	\$100-175+
30 day follow up labs.....	\$50
3 month follow up labs.....	\$75-125+
6 month follow up labs.....	\$85-150+
Doctor’s office/phone visits with no procedure:	\$125/half hour
Initial Doctor Visit with Female Hormone Pellet Insertion.....	\$450
Initial Doctor Visit with Male Hormone Pellet Insertion.....	\$850
Female Hormone Pellet and insertion fee:	\$350
Male Hormone Pellet and insertion fee:	\$750
Male Hormone Pellet and insertion fee (>2000 mg)	\$850

+Those patients who choose additional lab work may have those values included in their fee.

I understand I am financially responsible for all charges. I understand that lab payment is required prior to any labs being drawn. I understand that payment is required at the time of service for doctor visits and pellet insertions.

Patient’s Name	Patient’s Signature	Date
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JUST HORMONES- men \$100	JUST HORMONES- women \$100	ADVANCED HEALTH- men \$175	ADVANCED HEALTH- women \$175
complete blood count estradiol PSA total testosterone free testosterone SHBG cortisol, random TSH free T3 free T4 LH FSH vitamin D homocysteine DHEA-s cholesterol panel	complete blood count estradiol progesterone total testosterone free testosterone SHBG cortisol, random TSH free T3 free t4 LH FSH vitamin D homocysteine DHEA-s cholesterol panel	complete blood count estradiol total testosterone free testosterone SHBG cortisol, random TSH free T3 free T4 LH FSH vitamin D homocysteine DHEA-s PSA complete metabolic profile B12 magnesium zinc insulin hemoglobin A1c C-reactive protein Advanced cholesterol	complete blood count estradiol progesterone total testosterone free testosterone SHBG cortisol, random TSH free T3 free T4 LH FSH vitamin D homocysteine DHEA-s complete metabolic profile B12 magnesium zinc insulin hemoglobin A1c C-reactive protein Advanced cholesterol