



What Does Bloom's BHRT Program Entail?

503 Sophia St., Ste. B
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www.HouseOfBloomMed.com

Step 1: Hormone Balancing Consultation

Our nurse practitioner hormone specialist will take a detailed medical, family, and symptom history to learn more about you and your concerns. If you are a good candidate for hormone therapy, we will order a full set of labs to evaluate your hormone levels, full blood count, electrolytes, cholesterol, thyroid panel, and vitamin levels. From there we can tailor a hormone plan customized to you. Labs can be drawn in our office for your convenience.

Step 2: Review Labs & Customized Hormone Treatment Plan + Initial Treatment

About a week after your lab draw, we will meet with you to review your lab work and your customized comprehensive BHRT plan. This includes which hormones you may need, what doses, and how you can choose to take them. Options include creams, pills, injections, patches, and pellets. We will come to a shared decision on initial treatment and can begin therapy at this visit.

Step 3: Maintenance

Follow-up visits and lab draws will vary based on which method of hormone replacement therapy you choose. Once we've found the perfect balance for you, patients can come into the office every 3-4 months for pellet insertion or every 6 months for prescription follow-ups. Adjustment appointments can be made at any time if you have any questions or you feel like your hormones just aren't quite right. We're here to help you get your symptoms under control and your hormone levels in the optimal range while supporting your overall health & wellness!

Additional Screenings & Follow-Ups

You will be encouraged & counseled to undergo certain health screenings with your primary care provider, gynecologist, or urologist. In some cases, therapy may need to be held until screening recommendations are completed. Initial starting HRT has more frequent follow-ups and lab draws until you are on a stable regimen.

Medications

Upon review of your customized treatment plan, medications can either be sent to a pharmacy of your choice where you can use your prescriptive insurance coverage, and/or sent to a local compounding pharmacy- which will ship directly to your door. Pricing of medications vary and will be between you, the pharmacy, & insurance coverage deductibles. House of Bloom Medical Aesthetics has negotiated pricing with a Richmond Virginia-based compounding pharmacy for compounded creams.

Should your treatment plan include Pellets, there is a \$200 pellet insertion fee.



BHRT Pricing

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Consultation & Customized BHRT Treatment Plan | \$225*

Review of your customized hormone treatment plan based on your lab values and symptoms. Discussion of different types, doses, and routes of hormone replacement therapy tailored to you with a shared decision on treatment choice.

** one time fee*

Bloom Monthly BHRT Program Plan | \$125**

Includes concierge wellness services with personalized and comprehensive health & wellness support, tailored to your needs and preferences, unlimited 20 minute office and Telehealth visits, monthly MICB12 shot and InBody body composition scan, prescription dose adjustments and side effect management, no nurse lab draw fee.

***6 month minimum commitment, auto-drafted each month. Labs and prescription medication prices vary based on insurance coverage. Pellet insertion fee is \$200.*

****Add our Prescription Insurance Weight Loss Program for \$60 more per month!***

Maintain BHRT As Needed Support | \$90

One year after demonstrating stability on your HRT regimen, some patients will choose the As Needed Support. Every 6 months you will come in for an office visit to update your health status and symptoms. Fee is for a flat 20 minute office visit in person with our nurse practitioner. No inclusions.

Additional fees associated with As Needed Support:

Nurse Lab Draw Fee | \$25

Lab Panel Cost | varies

Medication Preauthorization Fee | \$125

In-Office Labs

For your convenience we offer cost-effective lab services in our office.

Initial BHRT Lab Panel | \$145

Follow- Up Labs | varies

Nurse Draw Lab Fee | \$25

Patients actively enrolled in our Bloom Monthly BHRT Program Plan do not have to pay a nurse lab draw fee when having labs drawn at out office.

**Cost of labs & medications vary. We do not bill insurance, however many patients are able to use their FSA/HSA cards. Prices subject to change.*