



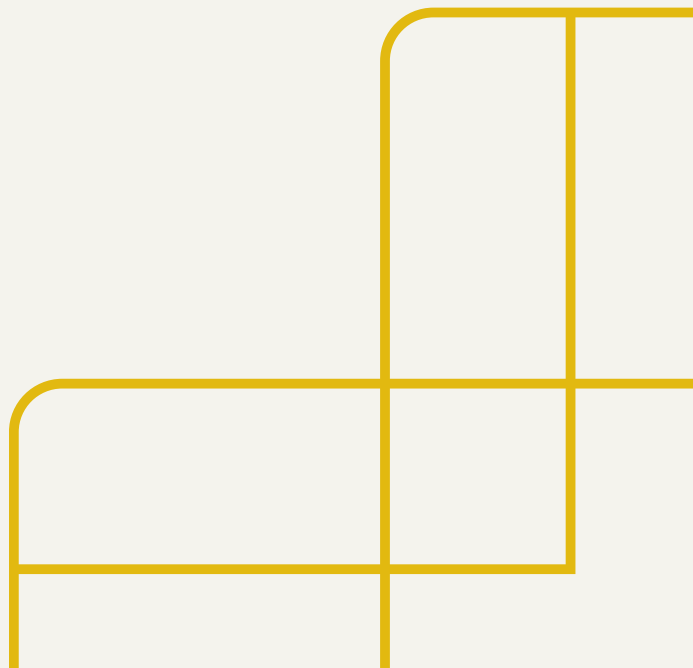
# Everest Health

## Hormone *Membership*

*Live Long. Live Well.*

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# Hormone *Membership*

Everest Health's Hormone Optimization Program combines clinically validated diagnostics, evidence-based therapies, and precision dosing to restore hormonal balance and improve energy, cognition, mood, metabolic function, and body composition. Grounded in peer-reviewed research, our protocols incorporate bioidentical hormones and ongoing monitoring to safely support healthy aging and long-term vitality.

## 12 MONTH PROGRAM

### WHAT IS INCLUDED

RATE \$1999

- Comprehensive initial consultation, up to 60-min (\$450 value)
- Hormone focused lab panels (4) (\$1000 value)
- Comprehensive lab reviews (2), up to 30-min each (\$450 value)
- Holistic Hormone Guide (\$1000 value)
- Access to direct provider messaging
- Access to discounted compounding medications
- Insurance authorization assistance for medication coverage (\$450 value)
- Medically supervised (possible insurance coverage for meds!)
- 6-month prescribing privileges

VALUE \$3350 SAVE \$1351

## MAINTENANCE

### WHAT IS INCLUDED

RATE \$1499

Our Maintenance Program is a continuation of your 12-month hormone therapy plan, designed to support your progress with ongoing monitoring and care. This program ensures your therapy remains safe, effective, and aligned with your evolving health goals.

\*Medications are not included but can be purchased at an exclusive discounted rate—up to 6 times below standard pricing—through Everest Health's pharmacy partnerships.

# SCHEDULE OF ASSESSMENTS

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## FEMALE PROTOCOL

- Initial 60-minute consultation, labs are ordered
  - Initial labwork
    - Obtain labs #1 at LabCorp
    - Obtain labs #2 1 week later at LabCorp
  - Initial 30-minute lab review appointment with provider + prescriptions and recommendations
  - 6-month labwork
    - Obtain labs #3 at LabCorp
    - Obtain labs #4 1 week later at LabCorp
  - 6-month 30-minute lab review follow up with provider + prescriptions and recommendations
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## MALE PROTOCOL

- Initial 60-minute consultation, labs are ordered
- Initial labwork
  - Obtain labs #1 at LabCorp
- Initial 30-minute lab review follow up with provider + prescriptions and recommendations
- Obtain labs #2 1 month later at LabCorp (to confirm dosing and adjustments will be discussed as needed)
- 6-month labwork
  - Obtain labs #3 at LabCorp
- 6-month 30-minute lab appointment with provider + prescriptions and recommendations
- Obtain labs #4 1 month later at LabCorp (to confirm dosing and adjustments will be discussed as needed)

# MEDICATION FEES

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Everest Health’s Pharmacy Partnership Program leverages exclusive relationships with top-tier pharmacies to provide members with access to essential medications at significantly reduced costs. By negotiating directly with our trusted partners, we secure competitive pricing—offering discounts up to 6x lower than standard retail rates. This ensures our patients receive the highest quality treatments at a fraction of the usual cost, savings that would not be available to them otherwise. We are pleased to facilitate insurance coverage for medications whenever possible.

## Medication costs are as low as \$0 per month\*

### Estradiol - 0.2%/0.3%/0.4%/0.6%/1.2% cream

Per gram	<b>\$1.7</b>
*4 clicks per gram	<b>5</b>
+ \$33 shipping fee	

### Testosterone - ALL STRENGTHS

Per gram/troche	
*4 clicks per gram/troche	<b>\$1.7</b>
+ \$33 shipping fee	<b>5</b>

### Progesterone - 50/75/100/125/150/180/200/250/300mg

Per capsule	<b>\$2.00</b>
*4 clicks per gram	
+ \$33 shipping fee	

### Pregnenolone - ALL STRENGTHS 1mg-500mg

Per capsule	<b>\$1.7</b>
+ \$33 shipping fee	<b>5</b>

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### Ready to Get Started?

We’re here to support you every step of the way! Schedule your consultation today and take the first step toward hormone optimization.

**BOOK NOW CALL 866.EVER.888**

\*See FAQ. Pricing subject to change.

## FAQ

### Hormone Membership



#### WHAT IS HORMONE THERAPY?

Hormone therapy at Everest Health is a personalized medical intervention aimed at optimizing hormonal balance to support healthy aging, improved vitality, and extended health span. As part of our longevity-focused care, we view hormones not just as chemical messengers but as critical regulators of physical, cognitive, metabolic, and emotional health.

#### WHAT ARE THE BENEFITS AND RISKS OF HORMONE THERAPY?

Hormone therapy can support longevity by improving energy, mood, sleep, libido, muscle mass, bone density, and metabolic function—key elements for maintaining vitality as we age. When personalized and closely monitored, it may reduce age-related decline and enhance quality of life. However, as with any medical intervention, there are risks—including blood clots, cardiovascular effects, or hormone-sensitive conditions—which is why Everest Health emphasizes evidence-based protocols, ongoing lab monitoring, and a whole-body approach to ensure safety and effectiveness.

#### HOW OFTEN DO I NEED TO GET LAB WORK?

The labs are part of a series, to confirm hormone levels and treatments since hormones follow the circadian, weekly, and Circalunar rhythms. Lab test frequency varies for each patient based on individual needs. Programs include two 30-minute lab review appointments – usually after the initial and second set of lab results. For hormone therapy, these two appointments with your provider help confirm your hormone needs and determine the right dosing. Progress is monitored and adjusted as needed through ongoing care and lifestyle management.

#### \*HOW MUCH CAN I EXPECT TO PAY FOR MEDICATIONS?

Hormone medication costs vary based on your treatment plan and whether you use compounded or insurance-covered options. Most patients can expect to pay between \$40–\$120 per month out of pocket. Some medications may be covered by insurance for as little as \$0–\$30 per month, while additional supportive hormones may range from \$10–\$50. Everest Health helps minimize costs by offering access to discounted pharmacies and insurance authorization support when applicable.

#### WILL INSURANCE COVER MEDICATIONS?

Insurance coverage for medications can vary, and we cannot guarantee that your plan will cover them. However, we offer access to discounted compounded medications and insurance authorization assistance to help you navigate the process. Even without insurance, our pricing is typically up to 6 times more affordable than competitors—we pass those savings directly on to you.

#### WILL I BE PRESCRIBED TESTOSTERONE?

No program can guarantee you will be prescribed testosterone specifically, but we can guarantee the most effective hormone management based on your needs and goals. It's not just about adding testosterone, but providing the correct tools to help your body make its own hormones and to maintain balance with the many hormones and systems involved in optimized health. We use a functional and integrative medicine approach to hormone optimization, prioritizing whole-person health and the root causes of hormone changes.



Thank  
*You.*



Live *Long.* Live *Well.*