

OPTIMAL

CONCIERGE MEDICINE

Service		Cost
Concierge Membership	Home-Based	\$300/Month/Individual
	Office-Based	\$200/Month/Individual
Initial History, Physical, Lab* & Orientation- One-time Fee		\$250/Individual
Standard Follow Up Lab Panel Every 3-12months Situation Dependent		\$200
Annual Well-Woman Exam with Pap		\$150
Quarterly In-Person, Exam, Vitals, InBody		Included
Annual Screening Ultrasound***		Included
Annual Screening EKG		Included
Direct Provider Access Via Text		Included
Optimal App/EMR Access		Included
Chronic Med Management ****		Included
Unlimited Virtual Urgent Care (UC) For Patient and <18y/o Children		Included
Personal Training Orientation Office/Gym		Included
Routine Nurse Administered Medication IM/SQ Injection		In-Office: \$25
		In-Home: \$50
Performance		
VO2 Max		\$100
Additional Personal Training Sessions		\$150
Urgent Care (UC)		
Unlimited Virtual UC visit		Included
Office UC Visit		\$50
Office UC Visit After-Hour/Weekend		\$100
Home UC Visit		\$100
Urgent Care Office Medications		
Oral Medications		+\$10 Each
Nebulized Medications		+\$25 Each
Intramuscular Injection Meds		+\$25 Each
Urgent Care Labs		
In-house Lab*****		+\$25 Each
Send-out Lab		+Lab Dependent
Urgent Care Office Procedures		
Ear Lavage		+\$50
Simple Lac Repair (Glue)		+\$100
Focused Ultrasound		+\$100
EKG		+\$100
Complex Lac Repair (Suture)		+\$250 (+\$100/additional site)
Abscess/Cyst Drainage Excision		+\$250 (+\$100/additional site)
Skin Lesion Removal with Biopsy		+\$250 (+\$100/additional site)
Infusion Medicine		
Treatment Infusion		+\$150
Energy/Vitamin/Hydration Infusion		+\$150
Cosmetic Medicine		
Botox		\$10/unit
Dysport		\$4/unit
Intraarticular (Joint) Injection		
Steroid + Anesthetic		\$150
Platelet Rich Plasma (PRP)		\$150
Notes		
*Lab: CBC, CMP, Magnesium, Lipase, Lipid, LP(a), Thyroid Panel, Testosterone, Estrogen, Ferritin, B12, Folate, FSH/LH, HGB A1C, PSA **F/U Lab: CBC, CMP, Mag, Lipase, Ferritin, Lipid, Testosterone, Estrogen, TSH, PSA, HGB A1C, CRP, Apo(B) ***Screening Ultrasound is an informal evaluation for vascular, liver, gallbladder, renal, ovarian disease. This will not formally rule out cancer, continued surveillance and further workup if any concern is necessary. ****Chronic Medication Management includes the following categories of medications: Weight loss, Hormones, Hypertension, Diabetic, Anti-inflammatory, Performance, Peptide, ADHD. *****In-house Lab: Flu A/B, COVID, RSV, Strep, Mono, Urinalysis, Pregnancy Test		

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