

# Get The Inside Scoop On Your Brain Health!

**If you've got a brain...*this program is designed for you!*** This program is great for individuals seeking a comprehensive understanding of their brain health, from mood & memory to cognitive function. Whether you're facing challenges such as anxiety, depression, or ADHD, or if you experience brain fog, mood swings, or just want to age gracefully with optimal brain health, you're in the right place.



## What You Can Expect:

- **Advanced diagnostic tools:** Brain map, neurotransmitter test, and/or hormone test based on symptoms and doctor recommendation
- **Quantitative EEG brain map of brain wave patterns:** Revealing insights into cognitive function and emotional well-being
- **Insight into brain chemistry:** A biochemical understanding of your current brain and mood influencers
- **Personalized recommendations:** Supplement, medication, and lifestyle recommendations based on your brain health assessment reports



Start paving the way towards a healthier, happier you.

# Brain Health Assessments Programs

Brain Health Assessment	What Is Tested	Turnaround Time & Review Visit	Transparent Pricing, Personalized Options
<b>Brain Health Level 1</b> <b>Understand your biochemistry with Neurotransmitter testing</b>  Targeted urinary neurotransmitter testing can help achieve a diagnostic edge by identifying specific imbalances that impact mood	Urinary Neurotransmitter testing (dried urine dipstick, home test kit)	3 weeks; 45 min for review of results	\$648 Baseline Neurotransmitters & review visit  +\$95 to add on Salivary Hormones  +\$199 to add on for Sleep Balance for Insomnia
<b>Brain Health Level 2 ~ Brain Map with interpretation and treatment recommendations</b>  For understanding patterns behind mood, memory, and focus. Review includes supplements, medications and lifestyle changes best for your brain	In office visit for Zeto Brain Map (qEEG) recording brain waves for 6 min eyes open and 6 min eyes closed.	3 weeks; 60 min review + brain map appt  <i>Any Brain Map appt: Avoid caffeine for minimum of 4 hours</i>	\$960 First Time Mapping  <ul style="list-style-type: none"> <li>Zeto Brain Map w/ interpretation &amp; treatment recommendations at review visit (included)</li> </ul> Repeat option - track your progress! \$650 Map Only
<b>Brain Health Level 3 ~ Brain Map and Neurotransmitter testing combo</b>  For expanding insight into treatment options for mood concerns	Zeto Brain Map (qEEG) + urinary Neurotransmitter testing (dried urine dipstick, home test kit)	3 weeks; 60 min review + brain map appt	\$1,348 Includes: Zeto Brain Map, Neurotransmitters & review visit
<b>Brain Health Level 4 ~Brain Map with Neurotransmitters &amp; Salivary Hormone testing</b>  Best for Understanding Brain & Hormone Balance and chronic stress	Zeto Brain Map (qEEG) + urinary Neurotransmitter testing (dried urine dipstick, home test kit) + Salivary hormone panel	3 weeks; 75 min review + brain map appt	\$1,518 Includes: Zeto Brain Map, Neurotransmitters & salivary hormone panel w/ review visit

## ~Additional Program Options for Brain Health~

**GeneSight** genesight.com

**How your genetics interact with mood medications + MTHFR/COMT testing**

\$330 Typical of pocket (w/wo insurance)  
 +\$200 for 30 min review with DOPC,  
 includes labs handling fee

**GeneSight Notes:**

\*GeneSight will bill you directly for the test portion of this test, most pay \$330

\*Billing for testing is through Genesight

\*Find your coverage (866) 718- 0116



**“The Brain Health Program has been an incredible tool for healing and knowledge.**

The program, with Dr. Brie's support, provides the perfect intersection between focusing on a deep understanding of lifestyle factors that might be impacting your own health and then evaluating medical treatments based on your own specific circumstances. It was fascinating to learn more about my own brain functioning and how it intersects with physical and mental health. I am very grateful to be armed with the knowledge that I now have from completing this program.”



**S.W., DOPC Member**



**DOPC Member**

**“The Healthy Brain Program has given me an entirely new understanding of myself, my trauma, and my neurodiversity.** It explained why I have struggled with emotions and reactions, and why therapy hasn't been able to fully address this, and then gives specific strategies for what can actually help. Dr. Brie helped me make sense of so many physiological parts of a very complex system, and I feel empowered and hopeful.”



## We're committed to providing you with the most advanced yet holistic approach to primary care and brain health solutions.

Taking part in our **Brain Health Program** means you will walk away with...

- **A deeper understanding** of your brain and the underlying contributors to your brain health.
- **Visual insights** into your cognitive function, emotional well-being, and tendencies such as impulsivity and overwhelm.
- **Validation** of your symptoms and concerns and clarity on tools to manage them effectively.
- **Personalized lifestyle recommendations**, with supplement & medication suggestions to optimize your brain health.

### Please Keep In Mind:

- Our Brain Health Program is now available to members and non-members! Non-members will not receive prescriptions but recommendations can be sent to your team.
- When you join our practice, you are taking the first step towards a healthier future. At DOPC, we help our members meet their health goals by combining cutting-edge traditional, fundamental primary care with the best of holistic health.

