

Hormonal Harmony Starts HERE!

Hormones play a crucial role in your overall health and well-being. Influencing everything from your mood & energy levels to your digestion & body weight, multiple factors contribute. Our Assessment Programs are designed to provide you with a complete understanding of your hormonal balance - perfect for anyone experiencing symptoms related to PMS, fertility challenges, perimenopause, menopause, or male hormonal health. Our Maintenance Programs offer bioidentical and gentle hormone therapy solutions.



Why Choose The DOPC Healthy Hormone Programs?

- **Detailed Review of Results:** Our extended review visits allow for the time to discuss and understand findings and align next steps with your symptoms and goals.
- **Customized Action Plans:** Tailored recommendations and solutions based on your unique hormonal profile, addressing your specific health needs and goals.
- **Bioidentical Hormone Plans Available:** Prescriptions, supplements and lifestyle recommendations - customized to you - taking into account your genetics and personal risk factors.
- **Complete Hormonal Profile:** We start with a broad evaluation of hormones and influencers including detailed thyroid and metabolic testing, vitamin levels and assessment of adrenal function to see impacts of chronic stress.



Master your hormonal
health today!

Healthy Hormones Assessment Programs

Program Description	What Is Tested	Turnaround Time & Review Visit	Transparent Pricing, Personalized Options
Level 1: Understanding PMS and Chronic Stress	Option 1 - Salivary hormones and adrenal / cortisol curve on cycle day 19-21	3 weeks; 45 min review visit included in pricing	\$618 ZRT lab - Salivary hormones and adrenal / cortisol curve & review visit *Why do we test saliva? -It reflects the free/unbound fraction of hormone levels better than bloodwork -It can look more in depth into cortisol/chronic stress -It's easy, No needles to collect!
Level 2: Optimizing Fertility	Expanded DOPC lab panel +Fertility Panel (bloodwork) on cycle day 3 and Salivary hormones and adrenal / cortisol curve on cycle day 19-21	3-5 days for bloodwork, 3 weeks for saliva testing results; 60 min review visit	\$929 Level 2 w/ DOPC membership lab discounts & review visit <i>Using Insurance for labs?</i> We are happy to use Labcorp's insurance billing option. However, coverage can be unpredictable. Billing insurance for labs reduces the price of the program to \$668
Level 3: Peeking in on Perimenopause	Choose from our bloodwork panels, or our providers will recommend the option best suited to your symptoms! Recommended: \$157 - Expanded panel + \$105 - Serum Hormones -Or- \$188 - Expanded panel w snapshot of hormones \$485 - Biohacking Panel	3-5 days for bloodwork, 45 min review visit *If cycling - labs on Day 3 OR day 19-21. If unpredictable or not cycling, labs on any cycle day *No Salivary hormones included in this level	\$487 Level 3 w/ DOPC discount labs & review visit *Billing insurance for labs reduces the price of the program to \$275 <i>Using Insurance for labs?</i> We are happy to use Labcorp's insurance billing option. However, coverage can be unpredictable.
Level 4: Evaluating Menopause	Expanded DOPC lab panel (bloodwork) on any cycle day + Serum Hormone Panel with Salivary hormones and adrenal / cortisol curve *If cycling - labs on Day 3 OR day 19-21. If unpredictable or not cycling, labs on any cycle day	3-5 days for bloodwork, 3 weeks for saliva testing results; 45 min review visit	\$880 Level 4 w/ DOPC membership lab discount & review visit <i>Using Insurance for labs?</i> We are happy to use Labcorp's insurance billing option. However, coverage can be unpredictable. Billing insurance for labs reduces the price of the program to \$668
Level 5: Male Testosterone Assessment	Expanded DOPC Lab panel - MALE and Salivary hormones and adrenal / cortisol curve (checks for "burnout") *Labs best before 9 AM	3-5 days for bloodwork, 3 weeks for saliva testing results; 45 min	\$782 Level 5 w/ DOPC membership lab discount & review visit <i>Using Insurance for labs?</i> We are happy to use Labcorp's insurance billing option. However, coverage can be unpredictable. Billing insurance for labs reduces the price of the program to \$668

Many of our Healthy Hormone Assessment Programs are available to Non Members.

For any Healthy Hormone Maintenance program with prescriptions, a membership is required.

Program pricing includes the extra training, time and expertise required to interpret and prescribe hormones. Our personalized approach takes into account your symptoms, health preferences, personal risk factors, and family history.

Healthy Hormones Assessment Programs

Add On Options

Program Description	What Is Tested	Turnaround Time & Review Visit	Transparent Pricing, Personalized Options
All DOPC Members get a Snapshot of Your Current Hormone Levels Upon request with your annual labs Best for anyone >35	We are happy to check your hormones (Estrogen, Progesterone &/or Testosterone) with bloodwork. This is a limited view but can be a useful baseline <i>*Not indicated for anyone on birth control, IUD or on hormones from another source.</i>	2-14 days <i>*If your level requires interpretation (low or high) or if you want to review your symptoms and explanation of the labs then a visit to review is required.</i>	DOPC membership pricing available for several great lab panel options, ask for the menu! <i>Using Insurance for labs?</i> We are happy to use Labcorp's insurance billing option. However, coverage can be unpredictable. Your Hormone Snapshot Review is Included if you have an upcoming Annual Wellness Visit or any upcoming Healing Pathways Program Visit.
Understanding estrogen metabolism Detox genetics and Estrogen processing	At home urine test & cheek swab for genetic testing. <i>*With Optional Saliva hormone level add on</i> <i>*With Optional Serum hormone and thyroid add on (blood work)</i> <i>*Customizable to your needs!</i> <i>*For Women who are cycling testing is ideal on day 19-21 if regular 28 day cycles</i> <i>*Not indicated for anyone on birth control, IUD or on hormones from another</i>	3 weeks; 45 min review visit recommended	Genova Labs Comprehensive Hormone Testing: +\$583 For Baseline Endo+ testing w/ Urinary estrogens with genetics & review visit Add ons: +\$35 MTHFR +\$35 COMT +\$125 Salivary hormones +\$75 Salivary Adrenals +\$189 Serum Hormones +\$129 Serum Thyroid Panel Want it all? FULL ENDO+ \$1171 (Price includes 45 min review visit) <i>*No portion of this test is billable to insurance</i>
Bring Your Own Test Review	Some people prefer to bring in labs from other providers. Ex: DUTCH, Function Health.	Preferred results are <1 year old	Review options: + \$150 for 30 min Review Visit + \$225 for 45 min Review Visit

Healthy Hormones Maintenance Programs

For treatment, prescriptions & monitoring

Program Description	What Is Tested	Transparent Pricing, Personalized Options
New to Hormone Therapy Quarterly Follow up ~ Adjustment and Monitoring visits every 3 months	Labs for combination hormone therapy are recommended medically for checking levels and for safety Recommended labs: +\$95 DOPC Hormone Maintenance Panel	Visit Frequency - Every 3 months Review options: +\$150 for 30 min Review Visit +225 for 45 min Review Visit <i>Using Insurance for labs?</i> We are happy to use Labcorp's insurance billing option. However, coverage can be unpredictable. Lab testing Included for members with insurance coverage.
BiAnnual Follow Up ~Adjustment and Monitoring visits every 6 months <i>*This is our recommended follow up frequency</i> <i>*This frequency is required for testosterone prescriptions</i>	We see the most fluctuation in hormone therapy users in the first 2 years. We want to make sure you are meeting your health goals, managing symptoms and not having concerning side effects. <i>Lab testing for this level is optional and personalized based on your provider's recommendations. Most members are recommended to have labs every 6 months.</i>	Visit Frequency - Every 6 months Review options: +\$150 for 30 min Review Visit +225 for 45 min Review Visit
Annual Follow Up ~for stable hormone levels Adjustment and Monitoring visits can move to every 12 months	Stable hormone members can move to annual visits! Hormonal stability is when you: - Have been on hormones > 2 years with DOPC - Do not have fluctuating prescription doses - Are not having periods or bleeding concerns	Visit Frequency - Every 12 months <i>Topical estrogen or cyclic oral progesterone do not need monitoring. All other hormone combinations need lab testing every 12 months for safety</i> This level can be combined with your Annual Wellness Visit! Review options: Review within the typical 45 min Annual Wellness Visit (no copay) +\$150 for 30 min Review Visit +225 for 45 min Review Visit
Adjustment and Monitoring Visits for Male Testosterone Therapy ~recommended every 3-6 months. Required annually.	Labs for monitoring testosterone therapy are required medically & because it is considered a controlled substance Recommended labs: +\$95 DOPC Hormone Maintenance Panel <i>For those with fluctuating levels in bloodwork - salivary hormone testing may be recommended. Pricing varies.</i>	Visit Frequency - Every 3-6 months Review options: +\$150 for 30 min Review Visit +225 for 45 min Review Visit

Note: Healthy Hormone Maintenance Programs are only available to DOPC Members.

For routine follow up - Healthy Hormones Maintenance Programs can be combined w/ Healthy Living Coaching - ask us if you are a candidate!

Visit copays cover extra training, time and expertise required to interpret and prescribe hormones.
 Our personalized approach takes into account your symptoms, health preferences, personal risk factors, and family history.

*** DOPC reserves the right to change fees and included services listed above at any time and without notice.*

No Matter Where You Are In Your Hormone Journey, We Are Here To Help.

Taking part in our **Healthy Hormone Programs** means you will walk away with

- **A deep understanding** of your hormonal health and address the root causes of any imbalances.
- **Receive a custom plan** with specific recommendations to balance your hormones and improve your health.
- **Adjust your plan** to your needs with hormone maintenance visits recommended every 3-6 months depending on how your symptoms change.

Please Keep In Mind:

- Everyone's hormonal profile is unique. Our assessments are designed to provide the most accurate and personalized information for you.
- 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.



As I hit 50, I wanted to get a baseline for my hormones. My Testosterone came back very low and after consultation, we put together a quick and easy plan, and when I retested a few months later my levels were in range and my energy and drive returned

DOPC Member



After 4 failed IUI attempts, two fertility clinics telling us the next step was to pursue IVF, my husband and I searched for alternative options to focus on our hormones to get them checked out. That's when we found Dr. Brie. We both completed her hormone program in early 2024, adjusted our supplements, medications and diet. Within 3 months, we got PREGNANT! Everyone else wanted to push hormone treatments and invasive procedures when our underlying issues were hormone imbalances. We cannot be more grateful for Dr. Brie and her program because it focuses on root causes. We are so very happy and excited to meet our new baby boy! Thank you Dr. Brie!

DOPC Member





As a former specialist in menopausal hormone prescribing, I wholeheartedly endorse Dr. Brianna Seefeldt's Healthy Hormones program. Responsible hormone prescribing requires a great deal of education, attention and time. Dr. Brie has been actively learning about hormone testing and prescribing for many years, and stays up to date with the latest science in this field. I've now retired from the clinical practice of OB/GYN, but I continue to hear from former patients and others, asking whom I would recommend to prescribe their hormone therapy. I always suggest Dr. Brie as my top choice. I feel she does the best job of combining expertise with a personalized approach, including adequate time to listen to her patients, evaluate their symptoms, and explain their results so that they can achieve a truly personalized HT regimen. Unfortunately, since the Women's Health Initiative study hit the news headlines in 2002 with its poorly reported and even more poorly understood findings, we in the medical community have seen a whole generation of young doctors go through training with very little knowledge of, or comfort level with, prescribing menopausal hormone therapy. I am so grateful that Dr. Brie is providing this important service, and doing so in the most responsible way possible.



Gretchen Frey, MD, FACOG

