

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.

Our Brain Health Assessment Program

With transparent and affordable pricing, we take pride in ensuring accessibility to our comprehensive assessments, personalized recommendations, and supportive guidance on your journey to living in alignment with your true self.

| Program | Program Description | What is tested, how it is collected | Turn around time to get results | Pricing |
|--|---|--|---|---------|
| Brain Health Level 1 | Targeted neurotransmitter testing can help achieve a diagnostic edge by identifying specific imbalances that impact mood. Budget friendly option | Urinary Neurotransmitter testing (dried urine dipstick , home test kit) | 3 weeks; 45 min for review of results | \$648 |
| Brain Health Level 2 | Zeto Brain Map - with interpretation and treatment recs. 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. Avoid caffeine & stimulants for minimum of 4 hours. | 3 weeks; 45-60 min brain map appt; 45 min for review of results | \$960 |
| Brain Health Level 3 (Levels 1 & 2 combined) | Brain Map and Neurotransmitter testing. Best for expanding insight into treatment options for mood concerns. | Zeto Brain Map (qEEG) + urinary Neurotransmitter testing (dried urine dipstick, home test kit) | 3weeks; 45-60 min brain map appt; 75min review | \$1,348 |
| Brain Health Level 4 | Brain Map and Neurotransmitters and Salivary Hormone testing. Best for understanding Brain & Hormone Balance | Zeto Brain Map (qEEG) + urinary Neurotransmitter testing (dried urine dipstick, home test kit) + Salivary hormone panel (If menstruating collect on day 19-21, collect any day for men or menopause. | 3 weeks; 45-60 min brain map appt; 90 min review | \$1,518 |

Note: Non-member program participants incur an additional \$799 for intake visit and program access.



“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.

