

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!

Hormone Assessment Program

We believe in providing clear and accessible pricing for our services. Visit copays apply for 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.

Program Level	What is tested, how it is collected	Turn around time; review visit time	Cost with DOPC membership	My Pathway
Level 1: Understanding PMS	Salivary hormones and adrenal / cortisol curve on cycle day 19-21	3 weeks; 30 min review visit included in pricing	\$618	Level 1 with ZRT lab and visit fees all inclusive \$618 *Not billable to insurance
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 **Optional add ons for male partner semen analysis collected at Labcorp.	3-5 days for bloodwork, 3 weeks for saliva testing results; 60 min review visit	\$929	<input type="checkbox"/> Level 2 with DOPC membership lab discount and visit fees all inclusive \$929 <input type="checkbox"/> Level 2 with insurance billing for labs \$668 (unpredictable coverage) ** <input type="checkbox"/> Optional add on: Semen Analysis \$84 ** <input type="checkbox"/> Upgrade to 75 min review time +\$75
Level 3: Peeking in on Perimenopause	Expanded DOPC lab panel (bloodwork) on and Serum Hormone Panel *If cycling - labs on day 19-21. If unpredictable or not cycling, labs on any cycle day *No Salivary hormones	3-5 days for bloodwork, 45 min review visit	\$487	<input type="checkbox"/> Level 3 with DOPC membership lab discount and visit fees all inclusive \$487 <input type="checkbox"/> Level 3 with insurance billing for labs \$225 (unpredictable coverage)
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 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	<input type="checkbox"/> Level 4 with DOPC membership lab discount and visit fees all inclusive \$880 <input type="checkbox"/> Level 4 with insurance billing for labs \$668 (unpredictable coverage)
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	<input type="checkbox"/> Level 5 with DOPC membership lab discount and visit fees all inclusive \$782 <input type="checkbox"/> Level 5 with insurance billing for labs \$668 (unpredictable coverage)

Note: Non-members may access any of our hormone assessment programs for an additional \$799 which includes an intake visit, health history and review of labs within 6 months. If you are interested in hormone therapy prescriptions, however, this treatment is only provided within our Hormone Maintenance programs which require a DOPC primary care membership. This requirement is because we are fundamentally a holistic primary care practice and if we are prescribing hormones with risks and benefits, we want to be sure we are keeping up with all aspects of your health!

**** Labs drawn at DOPC will have a lab handling fee for insurance billing \$50

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

Hormone Assessment Program - Add-on Options

Program	What is tested, how it is collected	Turn around time; review visit time	Cost with DOPC membership	My Pathway
<p>All DOPC Members</p> <p>Get a snapshot of your hormone levels in your annual labs Best for anyone >40</p>	<p>Upon request, we are happy to check your hormones (Estrogen, Progesterone &/or Testosterone) with bloodwork. This is a limited view but can be a useful baseline</p> <p>*Not indicated for anyone on birth control, IUD or on hormones from another source.</p>	<p>2-14 days *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.</p>	<p>Lab testing Included for members with insurance coverage.</p> <p>If uncertain insurance coverage, use our DOPC Member Serum Hormone Panel option (\$105)</p>	<p><input type="checkbox"/> I choose insurance billing for labs (unpredictable coverage) <input type="checkbox"/> I choose DOPC membership pricing for labs (\$105) Review options: <input type="checkbox"/> Please send my results in the portal without a review (no copay) <input type="checkbox"/> 30 min review \$150 copay <input type="checkbox"/> 45 min review \$225 copay</p>
<p>Understanding estrogen metabolism Detox genetics and Estrogen processing</p>	<p>At home urine test & cheek swab for genetic testing.</p> <p>*With Optional Saliva hormone level add on *For Women who are cycling testing is ideal on day 19-21 if regular 28 day cycles *Not indicated for anyone on birth control, IUD or on hormones from another source.</p>	<p>3 weeks; 45 min review visit recommended</p>	<p>Genova Labs** <input type="checkbox"/> \$308 Endo+ Urinary estrogens with genetics</p> <p>Add ons: <input type="checkbox"/> MTHFR \$35 <input type="checkbox"/> COMT \$35 <input type="checkbox"/> Salivary hormones \$100</p>	<p><input type="checkbox"/> 30 min review \$150 copay <input type="checkbox"/> 45 min review \$225 copay (recommended)</p> <p>**No portion of this test is billable to insurance</p>
<p>Understanding your genetic risk - the Big Picture Polygenic Risk Map™ - Female(F) and Male(M)</p>	<p>Saliva collection test kit can be collected at home or at DOPC Understand your risk for: Coronary Artery Disease, Atrial fibrillation, Type 2 Diabetes, Hypertension, Weight Gain, Abnormal cholesterol profile, Alzheimer's, IBD, Breast cancer, Osteoporosis, Early Menopause (F) or Prostate Cancer (M)</p>	<p>5 weeks; 45 min review recommended</p>	<p>\$409 Complete genetic risk evaluation**</p>	<p><input type="checkbox"/> 30 min review \$150 copay <input type="checkbox"/> 45 min review \$225 copay (recommended)</p> <p>*No portion of this test is billable to insurance</p>
<p>Bring Your Own Test Review</p>	<p>Some people prefer to bring in labs from other providers. Ex: DUTCH</p>	<p>Preferred results are <1 year old</p>	<p>Review visit required</p>	<p><input type="checkbox"/> 45 min review \$225 copay</p>

Hormone Maintenance Programs

Program Level	How it works: what is tested and how often visits are predicted	Cost with DOPC membership	My Pathway
<p>Level 1 - Basic Hormone Therapy Single hormone - Prescription Oral Progesterone or Estrogen suppositories only</p>	<p>No labs for monitoring required for progesterone only prescriptions. Visits required annually for refills.</p>	<p>Review options: *No review required if stable progesterone use is reviewed at Annual Wellness Visit. *Most members prefer a separate 30 min review dedicated to monitoring symptoms and medication once a year</p>	<p><input type="checkbox"/> Review within the typical 45 min wellness visit annually for refills <input type="checkbox"/> 30 min review \$150 copay (recommended) <input type="checkbox"/> 45 min review \$225 copay</p>
<p>Level 2 - New to Hormone Therapy</p> <p>For the first year of Hormone Therapy with DOPC visits with a copay are required every 3 months for refills.</p>	<p>Labs for combination therapy are recommended medically for checking levels and for safety. Labs can be done every 3-6 months depending on symptoms.</p>	<p>Lab testing Included for members with insurance coverage.</p> <p>If uncertain insurance coverage, consider our DOPC Member Maintenance Plan - Female (\$95)</p> <p>For those with fluctuating levels in bloodwork - salivary hormone testing may be recommended. Pricing varies.</p>	<p>Visit Frequency: <input type="checkbox"/> every 3 months</p> <p>Review Options: <input type="checkbox"/> 30 min review \$150 copay <input type="checkbox"/> 45 min review \$225 copay</p>
<p>Level 3 - Hormone Adjustment and Monitoring Visits *Second year of HRT with DOPC</p> <p>For the second year of Hormone Therapy with DOPC visits with a copay are required every 6 months for refills.</p>	<p>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. Per guidelines, over age 60 it is recommended to return to this level to discuss slowly going down or off hormones as risks increase with age.</p>	<p>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.</p>	<p>Visit Frequency: <input type="checkbox"/> every 6 months</p> <p>Review Options: <input type="checkbox"/> 30 min review \$150 copay <input type="checkbox"/> 45 min review \$225 copay</p>

Note: Non-members may access any of our hormone assessment programs for an additional \$799 which includes an intake visit, health history and review of labs within 6 months. If you are interested in hormone therapy prescriptions, however, this treatment is only provided within our Hormone Maintenance programs which require a DOPC primary care membership. This requirement is because we are fundamentally a holistic primary care practice and if we are prescribing hormones with risks and benefits, we want to be sure we are keeping up with all aspects of your health!

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Hormone Maintenance Programs

Program Level	How it works: what is tested and how often visits are predicted	Cost with DOPC membership	My Pathway
Level 4 - Stable Hormone Therapy	<p>Stable hormone members can move to annual visits! Hormonal stability is often when you:</p> <ul style="list-style-type: none"> • Have been on hormones > 2 years with DOPC • Do not have fluctuating prescription doses • Are not having periods or bleeding concerns 	<p>Lab testing for this level is required every 12 months.</p>	<p>Visit Frequency: <input type="checkbox"/> every 12 months</p> <p>Review options: <input type="checkbox"/> Results in the portal without a review or review within the typical 45 min Annual Wellness Visit (no copay) <input type="checkbox"/> 30 min review \$150 copay <input type="checkbox"/> 45 min review \$225 copay</p>
Level 5 - Male Testosterone Therapy	<p>Labs for monitoring testosterone therapy are required medically and because it is considered a controlled substance.</p> <p>*Labs are required every 6 months and a review visit with copay paid must be done before refills are sent.</p>	<p>Lab testing Included for members with insurance coverage. If uncertain insurance coverage, consider our DOPC Member Maintenance Plan - Male (\$95)</p> <p>For those with fluctuating levels in bloodwork - salivary hormone testing may be recommended. Pricing varies.</p>	<p>Visit Frequency: <input type="checkbox"/> every 6 months</p> <p>Review Options: <input type="checkbox"/> 30 min review \$150 copay <input type="checkbox"/> 45 min review \$225 copay</p>

Note: Non-members may access any of our hormone assessment programs for an additional \$799 which includes an intake visit, health history and review of labs within 6 months. If you are interested in hormone therapy prescriptions, however, this treatment is only provided within our Hormone Maintenance programs which require a DOPC primary care membership. This requirement is because we are fundamentally a holistic primary care practice and if we are prescribing hormones with risks and benefits, we want to be sure we are keeping up with all aspects of your health!

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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



Healthy Hormones: The Ultimate Balancing Act

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.



What You Can Expect:

- **Detailed Hormone Assessments:** In-depth analysis of your hormonal balance, including salivary hormones, adrenal/cortisol curves, and bloodwork.
- **Customized Action Plans:** Tailored recommendations and solutions based on your unique hormonal profile, addressing your specific health needs and goals.
- **Clear and Timely Results:** Quick turnaround times for test results, with thorough review visits to discuss findings and next steps.
- **Prescription Bio-identical hormones plans available:** In this form and supplements and lifestyle recommendations - customized to you



Master your hormonal
health today!