

# Success with Attainable Goals

If you are tired of trying everything but seeing no results, or you feel stuck in your journey towards a healthier lifestyle, our Healthy Living Program is tailor-made for individuals like you. Break free from the cycle of frustration and make a lasting change to your life!



## What You Can Expect:

- **Personalized 1:1 Health Coaching:** Receive individualized guidance and support from our experienced health coaches who understand your unique challenges.
- **Weight Loss Medication Support:** If it aligns with your values and medical history, access support for weight loss medications. We can also offer recommendations for support with supplements.
- **Customized Recommendations For Labs:** Gain insights into your health with tailored recommendations for lab tests to track your progress effectively.
- **Accountability and Support:** Stay on track with regular check-ins and encouragement from our caring medical providers.



Start your transformative journey today!

| Program Description                                                                                                                                                                                                                                                                                               | What Is Tested                                                                                                                                                                                          | Details                                                                                                                                                                                              | Transparent Pricing, Personalized Options                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <b>Healthy Living Assessment Program</b><br><b>Find the tools to meet your health goals</b><br><br>Best for assessing metabolic health and changing health metrics                                                                                                                                                | Recommended labs:<br>Expanded DOPC lab panel (fasting)<br><br>Body Composition Analysis (BCA)- Free with initial consult (valued at \$85)                                                               | 60 min visit w/ lab review & goal setting<br>Discuss supplements & lifestyle changes to implement<br><br><i>At this visit, find out if adding prescription (RX) support is right for your goals!</i> | \$250 - 60 min initial consult visit w/ initial BCA included for free!<br><br>+\$157 Expanded baseline lab panel<br>+\$188 Expanded baseline lab panel w/ hormone snapshot<br><br><i>Using insurance for labs? We are happy to use Labcorp's insurance billing option. However, coverage can be unpredictable.</i><br><i>Have you had labs within 3 months? Additional labs may not be needed. Bring the results if we do not have them on file!</i>                                     |
| <b>Healthy Living Coaching w/ or without RX Pathway</b><br><b>Best for long term success in health behavior change</b><br><br>Health Coaching at DOPC at your pace<br><br><i>Monthly prescriptions billed separately for GLP1 weight loss medications including Zepbound, Wegovy, Tirzepatide and Semaglutide</i> | Recommended Labs<br>Quarterly: DOPC Healthy Living Program Follow Up Labs (fasting)                                                                                                                     | 30 min visit w/ lab review, revisit goals & medication refill with adjusted as needed.<br><br>Choose virtual or in person and duration of coaching visit                                             | +\$125 for 30 minute consult<br><br>Recommended Coaching Visit frequency:<br>Year 1 - monthly for 3 months, then quarterly<br>Year 2 - quarterly<br><i>*Note on RX Path Coaching visits are required quarterly for prescription refills</i><br><br><i>Optional add ons:</i><br>+\$85 BCA repeat - recommended quarterly<br>+\$55 DOPC Healthy Living Program Follow Up Labs                                                                                                              |
| <b>Healthy Living RX Pathway</b>                                                                                                                                                                                                                                                                                  | Pharmacy pick up or mail order (some are USPS and some are FedEx)                                                                                                                                       | Prescriptions can take 7-10 days to receive after prescribed<br><br>Note: If prior authorization is required by insurance it can take 2-3 weeks to fight for approval.                               | GLP1 medication prescriptions are a moving target! Here are samples of current pricing for <b>starting doses</b> of the various options we use at DOPC.<br><br>+399 Zepbound through Eli Lilly non-insurance coverage program<br><br>+\$180 - Compounded Semaglutide/B12<br><br>+\$240 - Compounded Tirzepatide/B12<br><br><i>**Please note, this is not a guarantee of pricing available. Cost transparency is our every day goal, we'll let you know what to expect at each visit!</i> |
| <b>Biometrics Review Consultation</b><br>Understand your data!                                                                                                                                                                                                                                                    | Body Composition Analysis (BCA)<br>\$85 in office scale<br><br>Continuous Glucose Monitor (CGM)<br>Paid out of pocket at pharmacy or online for \$99 @ <a href="http://www.stelo.com">www.stelo.com</a> | BCA results available same day<br><br>CGMs typically collect data for 10-14 days. Bring your phone/app to the visit to review                                                                        | Your BCA Review is Included if you have an upcoming Annual Wellness Visit or any upcoming Healing Pathways Program Visit.<br><br>If you want to review your continuous glucose monitor results or go over your BCA in detail, we are happy to carve out time for a "deeper dive" and empower you to understand your data! Ask us for review options!                                                                                                                                     |

**Note: Healthy Living 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!**

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

**“I'm a 45 year old mother of four, a long term patient of Dr. Brie and I started the Healthy Living Program with Cat about 6 months ago.** Over the past 20 years, between pregnancies and chronic illness, I've fluctuated between a size 7 and a size 22. After growing up in an overly weight conscious household I've always been very anti diet culture and purposely had not kept a scale at home to be able to focus more on how I was feeling than on a specific number. After my health took a downturn about 4 years ago, I spent more days in bed than out due to pain and complications that affected my ability to exercise and take care of myself. Thankfully I'm now on the mend, but that time period not only resulted in weight gain and physical deconditioning but also a prediabetic diagnosis as I enter perimenopause. I knew that I needed extra support in getting active again and doing whatever I could to prevent diabetes, but I was hesitant on embarking on a weight loss journey after working so hard to heal from some of the

body shaming that I grew up with. Cat has not only been **compassionate while listening to my concerns, but she's been helping me meet my own health goals on a realistic timeline** in a way that I feel seen and supported. While I still have a way to go to meet all my goals, since starting the Healthy Living program my Glucose and A1c labs are no longer in the prediabetic range, I'm more active than I have been in years and I've lost over 20 pounds. Seeing real measurable progress has been super encouraging!”



# Find Your Path To Successful, Lasting Change

Take part in our **Healthy Living Program** in order to...

- **Feel Comfortable in Your Body:** Confidently embrace a healthier lifestyle that is tailored for you.
- **Meet Your Custom Health Metrics:** From lowering your A1C to helping you manage your weight, we're here to support you in achieving and exceeding your health targets.
- **Overall Healthier Day-to-Day Living:** Experience increased energy, improved mood, and enhanced quality of life as you make sustainable changes.

## Please Keep In Mind:

- Our program is exclusively available to members.
- Our base primary care membership is required for 6 months for any members that participate in our Healthy Living program. This commitment ensures dedicated support throughout your journey.
- Take the first step towards a healthier future by joining our base primary care membership. We help our members meet their health goals by utilizing a unique holistic lens to make lifelong sustainable changes.

