

Your Health, Your Way Personalized for Every Stage of Life



DOPC offers a fully customizable suite of services to help you understand the Big Picture of *your health*. If your goal is longevity, preventative care, or a deep dive into your genetics and cancer risk, we have options. Mix and match expert-led assessments, cutting-edge screenings, and proactive health strategies. Take control of your well-being, on your terms.

Choose what you want to know:

- Know your micronutrients
- Get insight into what supplements you should be taking and how it will affect your body
- Understanding your genetic risks
- Create a lens for bio-hacking
- Understand where to focus your preventative health efforts
- Detect cancer early, at the level of abnormal DNA

With DOPC, your path to optimal health is as individualized as you are!

Healing Pathways - Big Picture Programs

Program Description	What Is Tested	Turnaround Time	Transparent Pricing, Personalized Options
Micronutrient and Detoxification Evaluation (Metabolomix or NutrEval) Detailed analysis of key nutritional biomarkers including vitamin levels, toxin evaluation and fatty acid balance	Genova Diagnostics **Fasting Options: This test is available for kids over 2 or adults without blood draw (urine only) for \$40 less Preferred: In office fasting blood draw and frozen morning urine	4 weeks 45 min review visit	Option 1 - \$734* Testing & review visit Add ons \$35 each (see below) Option 2 Using Insurance +\$179 Initial Ins Pmt to Genova* + \$275 to DOPC for Review Visit & Specialty Lab Handling Fee *Submit initial insurance payment to Genova - after insurance billed an additional balance may be billed from Genova.
Understand the Genetics of how you Detoxify <ul style="list-style-type: none"> ApoE - heart and Alzheimer's risk MTHFR - how you detoxify COMT - hormone and mood metabolism 	Saliva / Cheek swab	3 weeks Can be reviewed within a program	Add on testing only for Micronutrient or Heart Health Option 1 - Add to Genova \$35 each Option 2 - Add to Boston Heart \$50 for ApoE and \$25 for MTHFR
Invitae Genetics Cancer Genetics Panel or Hypermobility (EDS)	Blood draw @ DOPC Or Cheek Swab at home	3 weeks 30 min test review visit **Required only if test results are abnormal	Option 1 - Cancer Panel Option 2 - EDS/Hypermobility <i>Price Varies based on insurance coverage. \$50 Specialty Lab handling fee to DOPC applies. DOPC Visit fee to review \$150-\$225 (only if abnormal)</i>
Boston Heart Polygenic Risk Map (Add info here from Heart health) Complete genetic risk profile 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)	Genova lab; blood draw @ DOPC	4-5 weeks 45 min review visit	Polygenic risk map with review Male genetics - \$634 Polygenic risk map with review Female genetics - \$634 Includes \$409 genetic panel with Female(F) or Male(M) health conditions + review fee **This test is not billable to insurance
Galleri Cell Free DNA Advanced Multi Cancer Detection Testing - tests for 50+ cancers in one blood draw!	Blood draw @ DOPC	3 weeks 45 min test review visit **Required only if test results are abnormal	\$810 for members, \$999 for non members *Includes the lab test and handling fee. Does not include review fee. DOPC Visit fee to review \$150-\$225 (Non member \$350) *This test is not billable to insurance.

All programs require 6 months of DOPC membership for our great membership prices.

Want to refer a friend? Non-member program participation is available for programs without ongoing prescription management. Non members pay additional \$799 which includes a medical history and intake visit, goal setting, and personalizing your program.

DOPC Membership Discount Labs

PANELS AND LABS INCLUDED	WHAT WE ARE TESTING	Membership Rate
DOPC Basic Panel Comp, CBC, A1C, TSH, Lipids and Vit D	Basic panel includes 6 labs for standard wellness including diabetes screening and added vitamin D levels.	\$65.00
DOPC Expanded Panel - Biohacking Level and Expanded + Spotcheck Level Comp, CBC, A1C, TSH, Lipids, Vit D, Vit B12, Fasting Insulin, Ferritin and Full Thyroid Panel (TSH, Free T3, Free T4 and Thyroid ABS)	Expanded panel includes 13 labs, our favorite baseline panel! Including 5 tests for thyroid function analysis, Vitamin D and B12 levels, metabolic screening including fasting insulin and diabetes screening in addition to standard wellness labs.	\$157.00
DOPC Healthy Hormones - Fertility Panel Serum Hormones + AMH	Fertility panel includes specific labs to assess your hormones for fertility or childbearing. AMH corresponds to egg count.	\$154.00
DOPC Fertility add on - Semen Analysis	Add on option for males who are members. Not available at this rate for non members, ask for non member program options!	\$84.00
DOPC Healthy Hormones - Serum Hormone Panel E, PG, T (Serum) and FSH/LH	Serum hormone panel is our expanded panel with additional labs to assess your serum hormone levels. It can detect whether you're in childbearing, peri or postmenopausal phase.	\$105.00
DOPC Expanded Panel - Male Comp, CBC, A1C, Vit B12, Vit D, Lipid, TSH, Free and total T, PSA, Homocyst, Fasting Insulin and Ferritin	Male expanded panel includes everything from our favorite expanded panel with the addition of Free and total Testosterone, PSA (prostate cancer) and Homocysteine (detoxification, heart disease risk)	\$164.00
DOPC Maintenance Plan - Male Lipids, PSA, Free and Total T, E, A1C, CBC, Comp	Continuation of the Healthy Hormones Programs, these labs will be drawn every 6 months. For monitoring testosterone prescriptions.	\$95.00
DOPC Maintenance Plan - Female PG, E, T, CBC, Comp, A1c, TSH, Lipids	Continuation of the Healthy Hormones Programs, these labs will be drawn every 6 months. For monitoring hormone therapy prescriptions.	\$95.00
DOPC STI Panel RPR, Hep B, HCV, GC/CT, HIV	STI panel is used for screening sexual transmitted infections including, Syphilis, Hep B, Hep C, Gonorrhea, Chlamydia and HIV.	\$122.00
DOPC Arthritis Panel Uric Acid, Sed Rate, ANA, ANTI-CCP, RAF, C-Reactive	Arthritis Panel is used to screen for Autoimmune disease, Gout, Lupus and Rheumatoid Arthritis.	\$102.00
DOPC Thyroid Basic Panel TSH, Free T3 AND FREE T4	Thyroid Panel is used to screen for abnormalities in your thyroid which can cause thyroid disease.	\$41.00
DOPC Thyroid Expanded Panel TSH, Free T3 AND FREE T4 and Thyroid Antibodies	Thyroid Expanded Panel is used to screen for more autoimmune disorders, such as Hashimoto's.	\$58.00
DOPC Healthy Living Program - Maintenance Plan Comp, CBC, A1C, Lipids, Fasting Insulin TSH	Continuation of the Healthy Living Programs, these labs will be drawn every 6 months.	\$55.00