

An Optimal You Price Information

Hormone Balancing:

Dr. Laurie Blanscet, D.O.

Initial Consultation:	\$450
Follow-up Consultations:	\$225

Sharon Ackerman, P.A.-C

Initial Consultation:	\$400
Follow-Up Consultations:	\$175

Initial Bio-Identical Hormone Pellets Insertion:

Female Initial Pellet:	\$350—initial hormone consultation fee applies in addition to the pellet fee
Male Initial Pellet:	\$750—initial hormone consultation fee applies in addition to the pellet fee

Follow-Up Pellet Insertions:

Female Re-Pellet Insertion:	\$425 (Includes Mini-Consultation Fee)
Male Re-Pellet Insertion:	\$825 (Includes Mini-Consultation Fee)

Dr. Laurie Blanscet, D.O and Sharon Ackerman's initial consultation last approximately 1 hour. Follow-up consultations last approximately 30 minutes.

These consultations include a health evaluation, review of your lab results and/or symptoms as well as creating or maintaining a customizable treatment plan to help you reach or maintain optimal health.

Typically, after 1 to 2 months from your initial consultation, a follow-up consultation or a medical care oversight plan is required to continue the customized treatment plan that was created at the time of your initial appointment (this does not apply for patients who get a pellet). We are available by phone and email to answer any of your questions while you are in between appointments.

The cost of your bio-identical hormone therapy is at a separate cost from your initial or follow-up consultations.

An Optimal You offers different types of treatment options that are customized to your needs. These options will be discussed with you at your appointment time. Prescription creams, capsules, and/or injections are obtained directly from the compounding pharmacy. Your prescription cost depends on what you require, and payments are made directly to the pharmacy once your medications are available.

In addition, our office offers bio-identical hormone pellets as a treatment option. The administration of the bio-identical hormone pellets is a simple in office procedure performed by Dr. Blanscet or Sharon Ackerman.

Follow-up bio-identical hormone pellet insertions are anywhere from 3 to 6 months depending on your body's needs. Female and Male re-pellet insertion pricing includes a mini-consultation fee to review hormone needs. A regular follow-up consultation is typically not required unless you are having complex issues requiring a re-evaluation of your treatment plan.

Please be aware that Dr. Laurie Blanscet and Sharon Ackerman do not share patients since the treatment of bio-identical hormones is customized to the patient's needs. You must follow-up with the provider that you originally established with. If you would like to switch to a different provider, then an initial consultation with the new provider will apply.

For information on this or any other services, please send us a message at frontoffice@anoptimalyou.com or contact our office at (951) 461-3021.

We look forward to optimizing your health!

We treat patients in Murrieta, Temecula, Perris, San Jacinto, Fallbrook, Winchester, Wildomar, Hemet, and other surrounding cities in the Temecula Valley, CA.

Here at An Optimal You, we value every patient. Cancellations with short notice and missed appointments adversely affects our ability to accommodate patients. Therefore, An Optimal You has a cancellation policy for all initial and follow up appointments.

A cancellation fee will apply if appointments are not cancelled with at least a 2 business days' notice (a business day is Monday-Friday, non-holidays).

In order to avoid a cancellation fee, you must contact our office 2 business days before your appointment time to reschedule. (Of course, we do understand significant emergencies and encourage you to contact our office immediately if an unforeseen event occurs and we will evaluate your situation on an individual basis)

For optimal treatment, communication is necessary, therefore any initial consultations that are missed (i.e. no contact with our office) will not be re-scheduled. If an established patient misses two appointments (i.e. no communication to our office regarding the need to cancel the appointment), that patient will be discharged from our practice.

We do our best to accommodate your needs and we ask that you respect other patients by giving our office adequate notice when needing to reschedule an appointment.