

Hormone Balancing Price Information

Dr. Laurie Blanscet, D.O.

Initial Consultation:	\$695
Follow-up Consultations:	\$345

Sharon Ackerman, P.A.-C

Initial Consultation:	\$675
Follow-up Consultations:	\$310

Emily Stadick, F.N.P.

Initial Consultation:	\$495
Follow-Up Consultations:	\$245

Initial Bio-Identical Hormone Pellets Insertion:

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

Follow-Up Pellet Insertions:

Female Re-Pellet Insertion:	\$485 (Includes Mini-Consultation Fee)
Male Re-Pellet Insertion:	\$895 (Includes Mini-Consultation Fee)

A deposit fee is due at the time of scheduling your initial consultation. The deposit fee will apply towards your total amount due at the time of service and is refundable if you cancel the consultation with two (2) business days' notice.

Dr. Laurie Blanscet, D.O, Sharon Ackerman, P.A.-C, or Emily Stadick's, F.N.P. initial consultation lasts approximately one (1) hour. Follow-up consultations last about 30 minutes.

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

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

Your bio-identical hormone therapy is 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. The provider will discuss the options with you at your appointment time. Prescription creams, capsules, 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, Sharon Ackerman, or Emily Stadick.

Follow-up bio-identical hormone pellet insertions are anywhere from three (3) to six (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 have complex issues requiring a re-evaluation of your treatment plan.

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

For information on this or any other services, please message us 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 Temecula Valley, CA.

Here at An Optimal You, we value every patient. Cancellations with short notice and missed appointments adversely affect 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 you do not cancel your appointment with at least two (2) business days' notice (a business day is Monday-Friday, non-holidays).

To avoid a cancellation fee, you must contact our office two (2) business days before your appointment 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 missed initial consultations (i.e., no contact with our office) will not be available for rescheduling. If an established patient misses two (2) appointments (i.e., no communication to our office regarding the need to cancel the appointment), dismissal from the practice will occur.

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