



PERSONALIZED CARE • LASTING RESULTS

FEMALE HORMONE OPTIMIZATION PROGRAM

Personalized Bioidentical Hormone Replacement Therapy

RESTORE BALANCE. RENEW ENERGY. RECLAIM YOU.



DO YOUR HORMONES NEED ATTENTION?

You may benefit from a hormone evaluation if you experience any of the following:



ENERGY

- ✓ Fatigue or low energy
- ✓ Low motivation
- ✓ Brain fog
- ✓ Poor concentration
- ✓ Difficulty losing weight
- ✓ Decreased muscle tone



MOOD & MENTAL

- ✓ Mood swings
- ✓ Anxiety
- ✓ Irritability
- ✓ Feeling overwhelmed
- ✓ Poor sleep
- ✓ Decreased motivation



HORMONAL CHANGES

- ✓ Hot flashes
- ✓ Night sweats
- ✓ Low libido
- ✓ Vaginal dryness
- ✓ Irregular periods
- ✓ Hair thinning
- ✓ Weight gain



Hormonal changes can begin years before menopause. Many women suffer unnecessarily because symptoms are often dismissed as "normal aging." Our goal is to identify the root cause and help you feel like yourself again.

1 INITIAL HORMONE EVALUATION

\$175

INCLUDES:

- ✓ Comprehensive medical history
- ✓ Detailed symptom assessment
- ✓ Hormone risk evaluation
- ✓ Personalized laboratory recommendations
- ✓ Comprehensive hormone panel review
- ✓ One-on-one consultation with **Misty Ford, FNP-C**
- ✓ Written treatment plan for home reference
- ✓ Opportunity to discuss all treatment options



Laboratory testing and saliva testing are billed separately based on the laboratory used and are not included in the consultation fee.

2 HORMONE OPTIMIZATION MEMBERSHIP

\$150 PER MONTH

THREE-MONTH MINIMUM COMMITMENT



THIS MEMBERSHIP INCLUDES:

- Personalized hormone therapy
- Ongoing provider oversight & dose adjustments
- Follow-up visits approximately every 10–12 weeks
- Prescription management
- Basic labs if needed, Saliva testing at discounted rate
- Access to email or text communication with our Female Hormone Liaison for support*



This program is designed to provide ongoing, personalized hormone care to help you look and feel your best—safely.

3 COMMUNICATION POLICY



Your membership includes access to our Female Hormone Liaison for:

- ✓ Brief medication questions
- ✓ Prescription refill coordination
- ✓ Scheduling assistance
- ✓ Administrative concerns



Please allow up to **72 BUSINESS HOURS** for responses.

Messaging is not a substitute for clinical visits. Hormone therapy requires structured follow-up, accurate symptom review, and timely adjustments.

Clinical decisions requiring evaluation or medication changes are made during scheduled appointments to ensure safe, individualized care.

4 IMPORTANT INFORMATION



Three-month minimum commitment. Membership automatically continues monthly unless canceled.



Cancellation becomes effective at the end of the current three-month billing cycle.



Medication costs are separate and vary by pharmacy.



Follow-up appointments are essential for continued prescribing and your safety.



Please complete your follow-up form prior to each appointment.

5 MEMBERSHIP BENEFITS

MEMBERS RECEIVE

15% OFF
ADDITIONAL SERVICES*

- ✓ Medical Weight Loss Programs
- ✓ Peptide Therapy (skin, energy, metabolism)
- ✓ IV Therapy (energy, hydration, recovery)
- ✓ Supplement Support
- ✓ Nutritional Counseling & Wellness Services

Enhance your results. Elevate your wellness.

6 ONGOING MONITORING



Evaluates symptom improvement



Reviews laboratory results



Adjusts medications as needed



Monitors for side effects



Optimizes long-term health outcomes



Regular monitoring helps ensure that your treatment remains safe, effective, and aligned with your goals.

OUR PHILOSOPHY

At Top Tier Wellness, we believe exceptional hormone care goes beyond symptom relief. Our mission is to identify the root cause of hormone imbalance and partner with you to restore health, vitality, confidence, and long-term wellness through evidence-informed, personalized care.

You deserve to feel like yourself again.

