

Menopause/HRT Consultation

Cost Options	What's included
\$350 for a single visit	<p>A one on one 45-minute appointment that will consist of the following:</p> <ul style="list-style-type: none"> - General physical exam - Mental health screening and discussion - Education on menopause and menopause management - Creating your personal HRT plan - Full blood panel review including electrolytes, immune cells, thyroid function, diabetic screening, and hormones. - Pelvic floor assessment - One 15-minute telehealth call with our Registered Dietician Nutritionist <p>It's best if blood work is obtained prior to your appointment to give us the opportunity to review it together.</p>
\$1100 one-time payment – includes 4 visits. (saves \$300/year)	
\$100/month for 12 months financing option (saves \$200/year)	
*cost of blood work and prescriptions not included.	

After this initial consultation, Dela will partner with you and create a treatment plan to manage your menopausal symptoms and help you move forward feeling like your best self. The most common approach to HRT involves recurring appointments with your provider to regularly monitor your treatment plan and its effectiveness. This will often include more frequent visits for the first year, but eventually may only require blood work to be done once a year, with prescriptions being filled every few months.