



Bioidentical Hormone Replacement Process at Med Matrix PDF

Step 1 of HRT

1. Pre-Consultation Screening

- Begin your journey with a complimentary 15-30 minute pre-consultation screening, either in person or over the phone.
- During this session, our knowledgeable healthcare providers will:
 - Review your medical history and address any health concerns.
 - Explore your health goals.
 - Assess eligibility for hormone replacement therapy.
 - Provide answers to your questions about the treatment.

Step 2 of HRT

2. Laboratory Testing

- Foundation for effective HRT: Comprehensive blood analysis is essential.
- Quick and straightforward blood tests help our doctors understand your current hormone levels, guiding treatment decisions.
- We collaborate with nationally recognized, CLIA-certified laboratories to ensure accuracy and reliability of results, regardless of where the tests are conducted. Our team assists in ordering and monitoring these tests.

Step 3 of HRT

3. Lab Review & Personalized HRT Program Development

- After receiving your lab results, we schedule a thorough 1-2 hour consultation.
- This consultation includes:
 - A physical examination.
 - Review of your medical and family history.
 - Assessment of your diet, lifestyle, and exercise habits.
 - Detailed discussion and explanation of your lab results.
 - Analysis of metabolic imbalances and hormone deficiencies.
 - Recommendations for medications and nutraceuticals (vitamins and supplements).
- Your HRT program is uniquely tailored to your goals and medical needs. The level of involvement in the program is entirely your choice and can be discussed extensively during the consultation.
- Once your HRT plan is established, our team assists in obtaining the necessary medications, nutraceuticals, and supplies, ensuring a stress-free and seamless experience.

Step 4 of HRT

4. Medicine and Ongoing Care

- Comprehensive HRT necessitates continuous monitoring and potential adjustments to medications and nutritional therapies.
- Regular lab work is essential for analyzing hormone levels and fine-tuning your program.
- We encourage ongoing communication throughout your treatment.
- Our Medical Services are available for an annual fee, which can also be billed monthly. These services encompass:
 - Unlimited scheduled follow-up exams.
 - Personalized treatment management.
 - Program discussions via telephone and email.
 - Support for medication and supply procurement.
 - Scheduling of follow-up lab tests.
- Please note that the annual Concierge Medicine Service fee does not cover blood draws, laboratory fees, medications, or nutraceuticals.
- An annual comprehensive program review and exam are required, in addition to any necessary lab test costs.