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# Patient Care Overview

## Step 1: Introductory Consultation - 25 min (\$169)

The Introductory Consultation is a brief assessment of your symptoms and medical history. There are two goals to this appointment: to make sure you and Dr. Carly are a good fit and to jump start your care.

After a brief discussion of your symptoms and medical history, Dr. Carly will discuss possible underlying causes and provide general details about what care with her may look like. She will then order some labs to start the investigation into your case. She will also put together a list of past labs and medical records for you to share and determine which health questionnaires you need to complete prior to your next appointment.

This is not a full medical appointment. No medical records will be reviewed, so past labs will not be interpreted, and no recommendations (nutrition, supplements, medications) will be given. Again, no medications will be prescribed at this appointment.

Note: if you elect for a Trial Appointment instead of an Introductory Consultation, you will not establish care at the Trial Appointment, so no labs will be ordered. Your next step will be to schedule an Initial Evaluation (60 min/\$499) to establish care. The Initial Evaluation is a full medical appointment that will include lab orders and treatment recommendations.

## Step 2: Complete Labs

Labs may include blood, urine, saliva, breath or stool samples. Some labs can be completed at home and mailed to the lab. For blood tests, you can get your blood drawn at Quest, Labcorp, or with a mobile phlebotomist.

Depending on your insurance coverage, you may be able to bill many of the labs to your insurance.

[Click here for more information about insurance coverage.](#)

**The price of labs is not included in appointment fees. You are 100% responsible for paying for labs. All pricing listed below for labs is an estimate for cash pricing (no insurance coverage). Pricing varies per lab company. Interest free payment plans may be available. We do our best to minimize the expense of labs by utilizing insurance coverage when possible and price shopping for cash labs. We do not profit off of recommended labs.**

Gut Labs	Estimate	Hormone Lab	Estimate
SIBO Test (Lactulose Breath Test)	\$225	Thyroid Panel (TSH, Free T4, Free T3, Reverse T3, Anti-TPO, Anti-TG)	\$75
TrioSmart Breath Test	\$290	DUTCH Adrenal	\$180
Parasite Testing	\$225-\$300	DUTCH Sex Hormones	\$180

Microbiome Testing	\$125+	DUTCH Complete/Plus (Adrenal + Sex)	\$300-\$400
IBSSmart	\$220	Cortisol Awakening Response	\$65
Yeast testing	\$50-\$115	DUTCH Cycle Mapping	\$395-\$595
Other Common Blood Tests		Other Specialty Testing	
Ferritin	\$6	Mycotoxins	\$360
Vitamin D	\$20	Heavy Metals	\$90
Other nutrient testing	varies	Genomics Reports	~\$300
Celiac Panel	\$100-\$350	Organic Acid Test	\$200
Cardiac Panel	\$15-\$100	Viral Panel	\$100-\$300
Blood Sugar/Metabolic Panel	\$45-100	Lyme & co-infections testing	\$50-\$1000
Autoimmune Connective Tissue Panel	\$100		

**Lab pricing is subject to change.**

### **Step 3: Comprehensive Evaluation - 60 minutes (\$499)**

Note: If you have a complicated case, a 90 minute appointment is available for \$649.

It generally takes somewhere between 1-6 weeks for patients to complete labs and get results. This primarily depends on how quickly patients collect samples, but some samples need to be completed on specific days of the menstrual cycle or may take weeks to get results, so this can lengthen the time until the next appointment.

This appointment will include an in depth review of medical history and symptoms, review of past medical records, review of recent labs, and a full treatment plan.

**All treatment is 100% customized to you. Dr. Carly does not use stock protocols for conditions or lab results. This is truly personalized medicine. You and Dr. Carly will work to identify how your symptoms are connected and the root causes, so you can strategically establish a treatment plan that will be the most effective and efficient. During active treatment, you may use a number of different products/supplements but they will be used short term to accomplish a goal. Dr. Carly does not want or expect you to need 10+ supplements for the rest of your life.**

### **Step 4: Follow Up - 40 minutes (\$269)**

Most patients have a follow up every 2-3 months for the first 6 months of care, and then follow ups after that are generally every 3-6 months for the next 6 months of care. The typical follow up length is 40 minutes but 15, 25, 55 and 70 minute appointments are available ranging from \$99 to \$469.

Dr. Carly's goal is to get patients into maintenance as quick as she can. Once a patient is in maintenance, they typically follow up once or twice a year. For complex cases, like autoimmune disease, it may take 2-3 years to reach maintenance. For hormonal and digestive issues, it may only take 6-12 months to reach maintenance.

Your follow up appointment may require follow up labs, but they are typically not as extensive as your initial labs. As much as possible, Dr. Carly will try to use symptoms instead of labs to follow up, but sometimes labs are necessary.

## Potential Investment Summary

Appointments: ~\$1500-\$2000 for 12 months of care (if needed)

- Introductory Consultation: \$169
- Comprehensive Evaluation: \$499-\$649
- Follow Up Appointments: ~\$269

Initial Labs: average \$500, range is \$100-\$1000 (if no insurance coverage for labs)

Supplements: \$50-\$150 a month; \$300-\$900 for 6 months; \$600-\$1800 for 12 months

For the first month of care, expenses generally are \$668 in appointment fees + lab fees. The second/third month of care, expenses generally are \$269 in appointment fees + supplements/medications. After that, monthly expenses will include supplements + other treatments. Most patients will have a follow up appointment every 3 months X 3. There are usually some lab orders associated with these appointments as well. Once a patient is in maintenance, there may be a longer follow up every 6-12 months that may or may not include labs.

**We recommend that you are 90% comfortable with the total investment. If you are not 90% comfortable with these numbers, we do not recommend moving forward with care with the intention of cutting costs by skipping labs, skipping certain treatments or minimizing appointments--this will lead to lower quality care, which means you will not get the results you want.**