

## WELCOME & FAQs HORMONE OPTIMIZATION PROGRAM (HOP)-OTTAWA

Please read, initial and sign where indicated. (updated 3,15,18)

Welcome to the Revivelifetm Hormone Optimization Program (HOP). Your hormone team includes: Dr. Joël Villeneuve ND, Dr. Amit Upadhyay, MD, CCFP, NCMP, FAARM -General Hormones and Women's Revive H, Kayla Adebajo LNP- General Hormones, Shannon Kenrick-Rochon LNP- Men's Revive T and Concussion Specialist and the Revivelifetm Team. For general FAQs on hormone health visit [www.revivelife.ca](http://www.revivelife.ca)

### How Do I Get Started?

As each person's wellness is unique to them, it is important that we understand your whole health first. We recommend a New Patient appointment, where we will review your general health, hormone balance, labs to date and determine the proper new lab tests to run. This helps us determine if the Power Hormone Program (PHP) is the right fit for you. The appointment is an hour long and includes a Core Metabolic Urine Test (CMUT) which is a screening test for your adrenal gland (that produces stress hormones and is the backup organ for sex hormone production), digestion and pH. Many insurance companies cover Naturopathic care, please check into the specifics for your insurance.

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### What Happens Next?

The next step is to have a Doctor's Report to summarize all the clinical findings, get you started on the initial recommendations which may include nutritional suggestions, as detox or other therapies to help prepare you for optimal hormone absorption and care. If it is determined that the specialized bio-identical hormone support (BHRT) is the right path for you, then you can either choose a monthly plan option, a per visit option or an annual fee.

### Fees:

**Hormone Programs: Women's Revive H and Men's Revive T: Combined Care. All Hormone care requires a credit card on file for processing of plan and or visits.**

#### Option 1 Monthly: \$199/month: Best Suited For The First Year & Overall Wellness

- Concierge \*Combined Care Consults & Blood Work x 4 (Q 3 months)
- Flex Visits x 4 (Nutrition, Fitness & Weight or Health & Hormone)
- 4 Vitamin IM Boosts

#### Option 3 Annual: \$1899: Best Suited For Overall Wellness

#### Option 2 Per Visit: \$499 Initial + \$299/Visit: Best Suited For Subsequent Years & Just Hormones

- Initial Visit
- \*Combined Care Consults & Blood Work

#### \*Combined Care Consults Includes:

- Pre-Lab Consult & Blood Work AND Post-Lab Consult & Prescription

(Note every prescription requires a visit and blood work; Allow 3 weeks for refills)

**Blood Work:** General Health & Hormones Month 0 and Hormones Month 3 & 6

**Hormone Specific Labs:** Women: Mammogram & Pelvic Ultrasound: Month 0-3; Men PSA and DHT annual included.

**Additional Fees:** Vitamin D, rT3, SHBG, saliva hormone testing (for those using a cream form of hormones- this testing may be suggested)

The program has been designed for optimal care and efficiency financially. Please speak to your MD or ND if there are any other lab tests that you wish to have included, which are available outside of the program for a fee.

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**How Often Do I Need A Visit To Follow Up?**

Visits are scheduled for Month 1, 3, 6, 9, 12 and additional flex visits as required with our hormone team. When your hormones are balanced we may reduce the recommended frequency of hormone visits. If your health requires it additional visits may be recommended.

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**How Do I Get My Prescription Filled?**

Your prescription will be sent to a compounding pharmacy that will send your prescription right to your doorstep! Once you have your visit, your prescription will be sent to the pharmacy. Once your prescription is received at the pharmacy they will contact you to arrange billing and shipping. If this call is missed it is your responsibility to follow up. It's as easy as that!

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**How Do I Get Refills & Blood Work?**

**Just call Revivelif e 613-829-7100 or email us at [info@revivelif e.ca](mailto:info@revivelif e.ca) PATIENT SERVICES-HORMONE VISIT to book your appointments.**

- **Step 1: Pre-Lab Consult:** All hormone refills require a pre-lab consultation Dr. Joël, ND
- **Step 2: Blood Work:** Your blood requisition will be either emailed directly to you or given to you by the clinic.
- **Step 3: Post-Lab Consult & Rx:** Will be scheduled by Revivelif e for Dr. Upadhyay and Kayla Adebajo and Directly by Shannon Kenrick-Rochon only once the blood work is back. Each blood work test must have a visit following.

**WE CANNOT REFILL PRESCRIPTIONS BY EMAIL OR PHONE REQUEST ONLY.** Every alternative visit may be done by phone if needed. Although we do live in a world of information technology (IT), it is important for your hormone team to assess your health completely, which includes being able to see you. We are happy to answer simple questions by phone or email, however our experience has lead us to suggest an office visit if there are more questions or concerns, as there is a more complete understanding of the total picture. NOTE: Please allow up to 3 WEEKS to receive your refill after your visit. After each visit you will be given a recommended date to schedule your next Pre-Lab Consult with Revivelif e. Please ensure that this visit is booked so that you do not run out of your prescription.

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**I Also Have Questions on Nutrition, Weight or Other Aspects of My Health Will These Be Addressed?**

Your hormone team will review you general health as well as your hormones. The program is designed to address your hormone needs. If you have other health goals, specific separate visits or care may be suggested that is outside of the hormone program. A complete list of our fee schedule is available at [www.revivelif e.ca](http://www.revivelif e.ca). Many have found the combined use of the PHP and other services like nutritional counselling, acupuncture or our weight program have been very helpful to total approach to health. ***We look forward to assisting you on you path to wellness!***

\_\_\_\_\_ **Signature** \_\_\_\_\_ **Date**

\_\_\_\_\_ **Witness** \_\_\_\_\_ **Date**