

Vanderbilt Wellness PLLC

Membership Plan : Single \$75 / mo , Couples \$135 / mo

The Vanderbilt Wellness team of medical professionals is dedicated to providing patients with personal and expert care. We are committed to providing timely and friendly care with the highest possible level of expertise that we can. It is our intention to remove the headaches of traditional health insurance coverage to avoid coverage confusion and authorization. No surprise cost and no deductible!

Primary Care

In order to become a primary care or established patient, an initial set of blood work and annual wellness exam is needed so that we may have a solid baseline on your health and well being. Standard blood work includes your complete blood count, complete metabolic panel, lipid panel, and TSH. Additional testing can be requested! Lab services are available to be billed to your insurance or you may take advantage of our discounted out of pocket pricing.

Common sick visit concerns addressed are, but not limited to :

- Animal/Insect Bites
- Wound Care
- Abscess Drainage
- Simple Foreign Object Removal
- Sprains and Strains
- Cold / Flu like symptoms
- Ear / Eye Infections
- Headaches
- Urinary Tract Infections
- Suture Removal

| Service | Member | Non-Member |
|---|---------------|-------------------|
| Sick Visit (Same Day / By Appointment) | \$ 10 | \$ 200 |
| Annual Wellness Exam (By Appointment Only) | \$ 10 | \$ 250 |
| Telemedicine (By Appointment Only) | \$ 10 | \$ 200 |
| Rapid Testing (Flu, Covid, Strep) | \$ 15 ea | \$ 50 ea |
| In Clinic Urinalysis | \$ 10 | \$ 50 |
| Abscess Drainage (includes packing if needed) | \$ 25 | \$ 50 |
| Wound Care (Cleaned and bandaged) | \$ 10 | \$ 40 |
| Skin Lesion Removal (ie Skin tags) | \$ 25 | \$ 75 |

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| Splinting / Wrapping | \$ 10 | \$ 40 |
| EKG | \$ 10 | \$ 50 |
| Ear Lavage | \$ 10 per | \$ 50 per |
| Sports Physical | \$ 10 | \$ 50 |
| School Physical | \$ 10 | \$ 75 |
| Employment Physical | \$ 10 | \$ 75 |
| Specimen Collection Fee | \$ 10 | \$ 50 |
| Injection Fee | \$ 0 | \$ 25 |
| IV Start | \$ 10 | \$ 40 |

Weight Management and Wellness

Are you trying to lose weight? Perhaps you just want to be better in shape. Or are you having a hard time eating right? Vanderbilt Wellness provides several options to choose from! You can expect an initial comprehensive visit discussing your goals and our team will help you choose the right path to follow. Each visit will include a weigh in and a body composition analysis to track your progress. Out of pocket pricing is available for weight loss prescriptions such as Semaglutide.

Our Certified Personal Trainer is also certified in Nutrition, DNA Based Fitness, Strength and Conditioning, as well as Corrective Exercise. We can help you develop and meet fitness goals that fit your schedule and physical abilities. One on one training and nutritional planning sessions can be scheduled even outside of our traditional clinic hours!

| Services | Member | Non-Member |
|---|--------|------------|
| Weight Loss Consultation (By Appointment Only) | \$ 10 | \$ 100 |
| Monthly Weight Loss Package (Includes Medication) | \$ 250 | \$ 400 |
| Three Month Prepayment Package | \$ 700 | \$ 1200 |
| Medication Administration Fee | Free | \$ 25 |
| Fitness Consultation (By Appointment Only) | \$ 10 | \$ 50 |
| One on One Fitness Session (30 minutes) | \$ 25 | \$ 50 |

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| Nutritional Planning (Per Session) | \$ 10 | \$ 25 |
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Hormone Therapy

Vanderbilt Wellness is passionate about providing bio-identical hormone therapy to help you reach optimal levels. Whether it's age related or not, low or even just sub-optimal hormone levels can cause a host of unwanted symptoms. You can expect to have an in depth initial one on one consultation and evaluation where we will also obtain blood work.

As you continue your wellness journey, periodic blood work will be necessary to ensure your hormone levels are where they need to be. Follow up blood work visits do not require a visit with the provider. We will soon offer discounted out of pocket pricing for prescriptions and bloodwork, but we will currently have the labs bill them to your insurance, or you directly..

| Services | Member | Non-Member |
|--|---------------|---------------|
| Initial Consultation (By Appointment Only) | \$ 10 | \$ 50 |
| Testosterone Cypionate Vial (about 3 months) | \$ 160 | \$300 |
| Specimen Collection Fee | \$ 10 | \$ 40 |
| Initial Men's Health Labs (9 Tests) | Billed by Lab | Billed by Lab |
| Follow Up Men's Health Labs (4 Tests) | Billed by Lab | Billed by Lab |
| Initial Women's Health Labs (9 Tests) | Billed by Lab | Billed by Lab |
| Follow Up Women's Health Labs | Billed by Lab | Billed by Lab |