

# **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 is available in an almost a la carte form. Lab services are available to be billed to your insurance or you may take advantage of our discounted out of pocket pricing.

Medications provided in-clinic for treatment purposes are provided at discounted out of pocket prices for members.

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/Office Visit	\$ 10	\$ 200
Annual Wellness Exam (By Appointment Only)	\$ 10	\$ 250
Annual Blood work (CBC, CMP, Lipid, TSH)	\$ 25	\$ 100
PAP	\$ 50	\$ 150
Women's HPV Testing	\$ 75	\$175

Urine STD Testing	\$ 50	\$ 125
Urine Culture	\$ 30	\$ 75
Specimen/Admin/Injection Fee	\$ 10	\$ 20
Telemedicine (By Appointment Only)	\$ 10	\$ 100
Rapid Testing ( Flu, Covid, Strep, HcG)	\$ 15 ea	\$ 50 ea
Rapid A1C (Result in 15 mins)	\$20	\$50
In Clinic Urinalysis	\$ 15	\$ 45
Abscess Drainage (includes packing if needed)	\$ 20	\$ 50
Wound Care (Cleaned and bandaged)	\$ 10	\$ 40
Skin Lesion Removal	\$ 2 per	\$ 5 per
Splinting / Wrapping	\$ 10	\$ 40
Ear Lavage	\$ 10 per	\$ 30 per
Sports Physical	\$ 10	\$ 50
School Physical	\$ 10	\$ 75
Employment Physical	\$ 10	\$ 75

<b>Injectable Medication</b>	<b>Member</b>	<b>Non-Member</b>
Ceftriaxone 500 mg	\$ 25	\$ 75
Ondansetron 4 mg	\$ 25	\$ 75
Solu Medrol 125 mg	\$ 40	\$ 100
Diphenhydramine 50 mg	\$ 25	\$ 75
Toradol 30 mg	\$ 25	\$ 75
Epinephrine	\$ 100	\$ 150

## 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 educated in Nutrition, 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	\$ 50
Monthly Weight Loss Package ( Includes Medication )	\$ 250	\$ 400
Three Month Prepayment Package	\$ 700	\$ 1200
WL Medication Administration Fee	Free	\$ 20
Lipo Mino Vitamin Injection	\$20	\$40
IV Infusions (Migraine, Recovery, Hydration etc)	\$ 150	\$ 200
Fitness Consultation ( By Appointment Only )	\$ 10	\$ 50
One on One Fitness Session ( 30 minutes )	\$ 25	\$ 50
Nutritional Planning ( Per Session )	\$ 10	\$ 30

## Hormone Therapy

Vanderbilt Wellness is passionate about providing 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 slew 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 offer discounted out of pocket pricing for prescriptions and bloodwork, but we can bill them to your insurance as well.

Services	Member	Non-Member
Initial Consultation ( By Appointment Only )	\$ 10	\$ 50
Specimen Collection Fee	\$ 10	\$ 40
Initial Men's Health Labs ( 9 Tests )	\$ 110	\$ 225
Follow Up Men's Health Labs ( 4 Tests )	\$ 50	\$ 125
Initial Women's Health Labs ( 11 Tests )	\$ 140	\$ 275
Follow Up Women's Health Labs ( 5 Tests)	\$ 80	\$ 175
Vitamin B12 + D	\$ 40	\$ 100