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## **Steps to a Hormone Consultation on Bio-Identical Hormone Restoration Therapy (BHRT)**

1. If you are not familiar with Bio-Identical Hormone Restoration Therapy (BHRT), please attend a Free Tuesday seminar from 12-1pm at our location. Reservations are required so please call ahead.
2. Fill out a hormone consultation packet on your medical history and symptoms. This can be printed on our website or picked up at the pharmacy. Or, please call and we can mail one to you. Packets need to be returned by the Monday of the week a consultation is desired.
3. Have your hormone levels tested either by blood (ordered by your medical provider) or saliva (kits can be picked up at our pharmacy). The hormones we would like tested are the following: estradiol, progesterone, testosterone total, testosterone free.
4. Please inform your medical provider or their nurse that you plan on pursuing BHRT and that you will be meeting with InHealth Specialty Pharmacy.
5. Once the completed packet and levels are received by the pharmacy, a consultation can be scheduled. Packets must be received by Monday to have a consultation that week.
6. Consultations are 30-60 minutes in length and a \$150 consultation fee will be charged at the time of consultation.
7. Following the consultation, our pharmacist will fax your provider a summary of the consultation and our suggestions for therapy. If your provider approves, he/she will prescribe the hormone therapy.
8. Prescriptions will be filled for you and you will be notified to either pick them up or we can mail them to you. We will consult with you on instructions for use at that time.
9. We will try to follow-up with you during the first few weeks and throughout therapy to see how you are feeling, relay that information to your medical provider and to make any necessary modifications.

**Let's Get Started!**