EMERALD KEY
WELLNESS
MAKE YOURSELF A PRIORITY

Care That Fits Your Life

Emerald Core Membership + Emerald Care Programs

Instead of building everything around individual appointments, medications, injections, or procedures, we're building Emerald Key Wellness around access, outcomes, and a clear plan forward. Emerald Core is our healthcare membership and your home base for everyday care. Every Emerald Care Program includes all Core benefits, plus the additional services listed under that program. Programs have a 3-month minimum commitment and are billed monthly. Your program can change as your needs change.

ALL NEW PATIENTS ARE REQUIRED TO HAVE A NEW PATIENT CONSULTATION
WITH FULL PANEL OF BLOODWORK TO BE ELIGIBLE FOR MEMBERSHIP AND PACKAGES!

Emerald Core Membership

$99 / month

Your healthcare home base. Designed for patients who want a familiar place to turn for everyday primary and wellness care.

HOW IT WORKS

Core is our stand-alone membership and the foundation included with every Emerald Care Program. One predictable monthly amount gives you ongoing access to the included services below.

EVERYTHING INCLUDED

- One primary care, wellness, or sick visit each month
- Weekly vitamin injection when clinically appropriate*
- Weekly JOOVV Red Light therapy
- Monthly SECA composition scan
- Priority booking and notifications
- An established healthcare relationship with the Emerald Key Wellness team
- 5% off supplements and monthly membership specials

SERVICES AND MEDICATIONS ARE PROVIDED ONLY WHEN MEDICALLY NECESSARY.

***Injection options:**

Vitamin B12 (methylcobalamin)

Lipo-Mino (B-Complex & Amino Acids)

Vitamin D

Biotin

Glutathione

Tri-Immune Boost

L-Carnitin

Emerald Care Packages

Hormone Optimization

Every hormone program below includes all Emerald Core benefits in addition to the hormone-specific care listed.

Men's Hormone Support

$150 / month

Ongoing hormone optimization with clinical monitoring and provider guidance.

HOW IT WORKS

Your provider evaluates symptoms, labs, goals and response to treatment. When testosterone is prescribed, treatment may be completed with weekly in-office injections or an at-home option that may include a 10 mL testosterone vial with syringes. Testosterone Cream or sublingual therapy may also be used when prescribed.

INCLUDES:

- Hormone evaluation and ongoing care
- Prescribed testosterone injections, cream, or sublingual therapy when appropriate
- One full lab panel per year
- Two hormone lab panels per year
- Three lab review appointments per year
- Ongoing hormone review and treatment adjustments

*Includes all Emerald Core Membership Benefits

SERVICES AND MEDICATIONS ARE PROVIDED ONLY WHEN MEDICALLY NECESSARY.

Men's Hormone Support Plus

$247 / month*

Hormone Support with testosterone pellet therapy included when clinically appropriate.

- Up to 3 Male pellet procedures per year based on clinical need

*Includes all Emerald Core Membership Benefits

SERVICES AND MEDICATIONS ARE PROVIDED ONLY WHEN MEDICALLY NECESSARY.

Women's Hormone Support

$179 / month*

A whole-person hormone program designed around symptoms, labs, health history and individual goals.

HOW IT WORKS

Your provider reviews how you feel alongside your laboratory results and determine the appropriate treatment and monitoring plan. Therapy may include prescribed creams, sublingual/troche therapy, or pellets when clinically appropriate.

INCLUDES:

- Hormone evaluation and ongoing care
- Prescribed hormone creams, sublingual/troche therapy, or pellets when appropriate
- One full lab panel per year
- Two hormone lab panels per year
- Three lab review appointments per year
- Ongoing hormone review and treatment adjustments

*Includes all Emerald Core Membership Benefits

SERVICES AND MEDICATIONS ARE PROVIDED ONLY WHEN MEDICALLY NECESSARY.

Metabolic Maintenance & Micro-Dosing

Every metabolic program below includes all Emerald Core benefits in addition to the program-specific care listed.

Maintain

$199 / month*

Protect your progress and continue to improve your quality of life with the anti-inflammatory benefits of Micro-Dosing Tirzepatide. Designed for the transition from active weight loss into long-term maintenance, or for benefits of lower inflammation, improved metabolism, appetite control with few side effects.

HOW IT WORKS

When medically appropriate, your program may include individualized GLP-1 microdosing and continued metabolic support. Tirzepatide may be administered as weekly in-office injections.

INCLUDES:

- Individualized GLP-1 maintenance support when appropriate
- Weekly in-office tirzepatide
- Ongoing weight-maintenance monitoring
- Ongoing inflammatory-support monitoring
- Provider-guided medication and dose monitoring

Maintain + LDN prescription-when clinically appropriate

$249 / month*

Metabolic maintenance and LDN together in one coordinated program.

Maintain + Hormones

$299 / month*

Metabolic maintenance and hormone optimization together in one coordinated program.

Maintain + Hormones+ LDN prescription-when clinically appropriate

$349 / month*

Metabolic maintenance, LDN and hormone optimization together in one coordinated program.

***Includes all Emerald Core Membership Benefits**

SERVICES AND MEDICATIONS ARE PROVIDED ONLY WHEN MEDICALLY NECESSARY.

Active Metabolic Transformation

Transform programs include all Emerald Core benefits, structured weight-management care, and the additional benefits listed below.

Transform

$299 / month*

Active metabolic and weight-management care for patients ready to work toward meaningful, sustainable change.

HOW IT WORKS

Your provider builds the program around your goals. When medically appropriate, tirzepatide may be administered weekly in the office.

EVERYTHING INCLUDED

- Individualized GLP-1 treatment plan when appropriate
- Weekly in-office tirzepatide
- Weight-management follow-up appointments
- Medication and dose review
- Nutrition and lifestyle guidance
- Ongoing weight-management support

Transform + Labs

$349 / month*

Transform with scheduled laboratory monitoring and dedicated lab review appointments included.

HOW IT WORKS

You receive all Transform services plus defined laboratory monitoring so your provider can use both your progress and laboratory results to guide care. (One full lab panel per year, 2 follow up lab panels and lab review appointments included)

Transform + LDN

$349 / month*

Transform + Labs + LDN

$399 / month*

*Includes all Emerald Core Membership Benefits

SERVICES AND MEDICATIONS ARE PROVIDED ONLY WHEN MEDICALLY NECESSARY.

Comprehensive Care

Complete programs include all Emerald Core benefits plus coordinated metabolic, hormone, and laboratory care.

Complete

$449/ month

Our comprehensive program combines primary care, active metabolic care, and hormone optimization.

HOW IT WORKS

Complete allows your provider to follow your overall health, symptoms, labs, metabolic progress and hormone response as one coordinated program rather than a series of separate services.

INCLUDES

- Primary care coordination through Emerald Core
- Individualized weight-management / GLP-1 care when appropriate
- Medication and dose monitoring
- Hormone evaluation and optimization when appropriate
- Prescribed hormone therapy when appropriate
- Laboratory monitoring associated with the included hormone and metabolic care
- Lab review appointments associated with included monitoring
- Ongoing provider guidance and treatment adjustments

Complete + LDN

Our comprehensive program combines primary care, active metabolic care, hormone optimization, and LDN.

$479/ month

*Includes all Emerald Core Membership Benefits

SERVICES AND MEDICATIONS ARE PROVIDED ONLY WHEN MEDICALLY NECESSARY.

*Personalized Packages Available with Provider Consultation.

New Patient Consultation required for Core or package purchase. All individual plans require a 3-month minimum commitment and signed membership agreement.Treatment and medication are provided only when clinically appropriate.
Effective Date 11/1/2026- Janis Oenbrink, FNP-C