



Affordable Pricing

At Eagle River Health, we're committed to making high-quality care **affordable and accessible** without unnecessary overhead or complexity. Here's how we keep prices reasonable for you:

- **No brick-and-mortar location** — We operate virtually after the first appointment, so we avoid the high costs of renting, maintaining, and staffing a physical office space (like utilities, receptionists, and waiting room expenses). This allows us to pass those savings directly on to you in the form of lower fees. Physical appointments are done on varying days and hours at our home office if needed, or at other locations depending on your needs.
- **Simple, digital communication** — We handle all scheduling, questions, follow-ups, and paperwork through email and e-fax. This eliminates the need for expensive phone systems, front-desk staff, or printed materials, reducing administrative costs that often get built into traditional clinic pricing.
- **Partnerships with local pharmacies** — Instead of maintaining our own in-house pharmacy or dealing with markups, we work with trusted local pharmacies in our community. This gives you convenient access to medications (often with competitive pricing or local pickup/delivery options) while keeping our operations lean.
- **No insurance billing** — We don't accept or bill insurance companies. Insurance involvement requires specialized billing software, dedicated staff, constant compliance with changing regulations, prior authorizations, claim denials, and appeals — all of which drive up overhead significantly. By going direct-pay only, we skip these expensive middlemen entirely, which lets us



focus on your care and keep our prices straightforward and lower. You may use your insurance to pay for labs, however this is dependent on insurance types.

Consultation and Visit Fees

Consultations

- Initial consultation takes about 30 minutes depending on what services you are interested in. An exam will take place and any lab orders will be placed at the end of this appointment for those seeking weight loss management or hormone replacement. Once your labs have resulted and been reviewed, we will email you to discuss placing orders to the pharmacy for your medications.
- There is a one-time consultation fee of \$25.00 for all services. If the appointment runs longer than 30-40 minutes, then the consult fee will be \$35.00.
- If you've had labs done by your PCP in the last 6 months, we can discuss using this data rather than ordering new labs.
- All lab fees and prescription costs are covered by you or your insurance. The pharmacies will be you directly, this helps keep costs down.
- Veterans, the consultation fee is waived.

Medical Weight Loss:

- The first visit is needed to review or discuss labs, discuss medication options, order prescriptions, review plan of care, and schedule follow up appointments.
- Labs needed: CBC, Chem8 or CMP, A1-C, LFT, TSH.
- 1st visit fee is \$225.00 + consult fee, the following 3, 6, 12 month visit fees are \$150.00 each.



Hormone Replacement:

- The first visit is needed to review or discuss labs, discuss medication options, order prescriptions, review plan of care, and schedule follow up labs and appointments.
- Labs needed: CBC, Chem8 or CMP, Lipids, TSH, AM Testosterone, (PSA if male).
- 1st visit fee is \$250.00 + consult fee, the following 3, 6, 12 month visit fees are \$150.00 each.
- Year 2+, appointments are every 6-12 months with labs, \$175.00/visit.

Sexual Health/ED:

- Initial visit will discuss medications, review treatment plan, and prescriptions. Fee is \$125.00 + consult fee.
- Medication changes will incur a fee of \$25.00 after 2 months after initiating treatment.

Skin Care:

- There is a fee of \$25.00 plus consultation fee at the initiation of services as follow up visits will be infrequent. This covers your prescription order.
- A yearly fee of \$25.00 will be charged to renew prescriptions or order new products.

Therapeutic Injections:

- We offer joint injections to persons who are no longer candidates for orthopedic surgery due to age, comorbidities, or those on hospice care. Joint injections can offer long term relief of joint pain without the need for daily pain medications.
- Unfortunately, we don't offer joint injections to those who have undergone partial or total joint replacement.
- Knee and Shoulder Injections, \$200.00 per joint + consult fee. If 2 joints are being injected on the same day, then the fee is \$275.00. We only perform injections on the same joint every 5-6 months.
- For those younger individuals who may still be weighing their options for knee surgery, a discussion with Orthopedics may be the best option.



Allergy Shots:

- Allergy shots (Kenalog or Triamcinolone) can be quite helpful for those with severe seasonal allergies that don't respond well to oral and/or nasal medications.
- We recommend getting the injection as symptoms start to worsen at the beginning of your allergy season. Treatments can often last the entire season, but not always.
- Only 1 injection per season. Injection fee \$150.00 + consult fee. Year 2+, \$150.00 only.