



To Book: www.EvolveHRTClinic.com | 346.703.8774

Instagram: @EvolveHRT

Hours:

- Patient Care Team Monday-Saturday
- Clinic-Hours are By-Appointment Only

Location: 224 Ed English Dr. Building 1, Suite B
Shenandoah, Texas 77385

Your Path to Optimal Health Starts Here

Why Patients Choose Evolve HRT & Wellness

At Evolve, we believe optimizing your health isn't a luxury — it's a decision to take control of your vitality, energy, and longevity.

Our entire approach is built around one simple idea:

Get you feeling your best and keep you there.

- We don't do "band-aid medicine."
 - We don't chase symptoms.
 - We design treatment plans that move you toward your best, most energized, and optimized self.
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What Makes Evolve Different

- ✓ We design real **treatment plans**, not just write scripts
 - ✓ We use advanced labs and analysis to target root causes
 - ✓ Cash-based care = no insurance restrictions or delays
 - ✓ We partner with you in your journey, not just check boxes
 - ✓ We offer **virtual and in-person care** for flexibility
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This is Elective. But It's Essential.

You don't "have to" optimize your hormones, energy, metabolism, or muscle mass.

But if you *want* to live fully, extend quality of life, sleep deeper, think clearer, feel stronger, and love how you show up in your body every day — we're here for that.


The Evolve Journey: Personalized. Intentional. Proven.

PHASE 1 & 2

The Onboarding Experience

(\$349 One-Time Fee)

- Your onboarding includes:
- In-Person Lab Work
- 3D Body Composition Scan
- 1:1 Medical Intake with Our Nurse Practitioner
- Advanced Lab Review & Symptom Mapping
- Custom Protocol Design
- Prescription Setup & Pharmacy Coordination

 This one-time fee sets the foundation for your long-term optimization plan.

ONGOING CARE OPTIONS: CHOOSE YOUR PATH TO VITALITY

Men's Hormone Optimization (TRT Program) \$169/month

For men seeking to restore testosterone, energy, muscle mass, metabolism, and mental clarity.

Includes:

- Monthly supply of testosterone (injection or cream options)
- 3 lab panels per year to monitor progress & safety
- Virtual or in-person follow-ups with your provider
- Prescription refills, dose adjustments, and care coordination
- Priority provider access & care coordination
- *Some medications necessary for your specific treatment plan may not be included (example: HCG) please consult with Amber during your treatment plan review to discuss*

Typical Results:

- Improved energy, drive, strength, and body composition
 - Enhanced mood, sleep, and cognitive clarity
 - Greater vitality and long-term healthspan
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Women's Hormone Health

Women's HRT Program \$169/month

Ideal for women seeking customized hormone support through oral, topical, or injectable therapies.

(Treatments includes creams, capsules, injections)

Includes:

- Monthly prescriptions tailored to your symptoms and lab results
- Estrogen, progesterone, testosterone (as needed)
- 3 lab panels per year
- Follow-ups, refills, and provider access

💡 *Great for women managing fatigue, weight gain, mood swings, low libido, or perimenopause/menopause symptoms.*

Women's Hormone Health – Biote® Pellet Therapy \$169/month

Customized bioidentical hormone pellets (Biote) for sustained hormone balance.

Options include:

- 3–4 insertions/year based on need
- Follow-ups and labs included in your plan

Combine with peptide or weight support as needed.



Medical Weight Loss

\$199/month-\$349/month

- Includes monthly medication
 - Access to support team
 - Dose adjustments
 - Ongoing NP support
 - 15% off Nutrition Coaching
 - *Labs and follow-ups billed separately if not combined with HRT membership.*
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Peptide Therapy

Custom protocols from \$249-\$500/month

Targeted therapies for:

- Muscle growth
- Fat loss
- Cognitive clarity
- Recovery
- Sleep & gut health
- Stack protocols for even greater results.

A La Carte Pricing

If you prefer pay-as-you-go:

- Follow-up visits: \$100
 - Prescription refill requests: \$50
 - Lab panels (every 3-4 months): ~\$199 *(does not include lab review and follow-up with our provider which is \$100)*
 - Medication costs vary by treatment
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Why Patients Choose Our Programs

- No surprise fees
- Direct access to your care team
- Prioritized lab monitoring
- Safe, effective medications
- Built-in accountability & education

Let us handle your optimization — so you can focus on results.

We Accept FSA/HSA & Affirm!

Patient Program Examples

Patient Example: Mark (Men's TRT Patient)

| Service | Program | A La Carte |
|--|---------|------------|
| Yearly Cost | \$2,377 | ~\$3,056 |
| Includes labs, meds, follow-ups, refills | ✓ | ✗ |
| Predictable & guided | ✓ | ✗ |

12-Month Estimated Cost Example Includes: Initial Hormone Assessment, Standard TRT medications for 12 months, 3 blood draws/labs for the year, monthly prescription refills, and 4 follow up visits yearly with our medical provider.

Patient Example: Sarah (Women's HRT Program with Biote Pellets)

| Service | Program | A La Carte |
|-------------------------------|----------|------------|
| Yearly Cost | ~\$2,377 | ~\$2,746 |
| Combined HRT & weight support | ✓ | ✗ |
| Concierge care & consistency | ✓ | ✗ |

12-Month Estimated Cost Example Includes: Initial Hormone Assessment, 4 Pellet Insertions for the year (3-4 month duration), 3 blood draws/labs for the year, and 4 follow up visits yearly with our medical provider.