

TRT / HRT Protocol Steps

Hormonal Balance

Go to Website: www.americanvitality.net

1. Under Anonymous Lab Testing (READ) as to why it is imperative NOT to run hormones through insurance and go to step 1: Fill out the Aging Male Symptoms Checker – instructions provided
2. Call Christopher White 312 925 7605 to figure out which lab to order
3. Order your lab direct from the Site
4. Chris will coordinate to have a phlebotomist out to your home or work at your convenience with SIMPLE Lab Account Rep Via Email (Chicagoland)
5. Go to Medical Concierge (READ) and download and print out the two consent forms Bio-HRT and Authorization (instructions provided)
6. Once blood is drawn, allow for 48-72 hours to process – results will be sent to you and the Dr.
7. Doctor can see you at your convenience at your own home or office – one-time investment of \$295 for comprehensive executive physical
8. Plan of action is created RE: Hormone Balance and all options available to obtain desired result
9. Diet/Nutrition/ Meal Prep/ Coaching and Training are all discussed with Christopher White to ensure the program you undergo more likely achieves the results you should expect.
10. Choose the package that best fits your individual needs (3 options will be available as packages); standalone pricing will also be offered for those only needing certain protocols.