

# WELLNESS MEMBERSHIPS



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FOUNDATION WELLNESS \$ 2,520

**First Follow-Up Lab Review & Personalized Protocol**

- (2) Follow Up Appointments*
- (2) Nutrition Consultations*
- 10% off Fullscript*
- (1) IV Therapy*

FOUNDATION WELLNESS \$ 1,520

**First Follow-Up Lab Review & Personalized Protocol**

- (2) Follow Up Appointments*
- (2) Nutrition Consultations*
- 10% off Fullscript*
- (1) IV Therapy*

OPTIMAL HEALTH \$ 2,940

**First Follow-Up Lab Review & Personalized Protocol**

- (3) Follow Up Appointments*
- (2) Nutrition Consultations*
- 10% off Fullscript*
- (2) IV Therapies or Mini Metabolic Reset*

OPTIMAL HEALTH \$ 1,740

**First Follow-Up Lab Review & Personalized Protocol**

- (3) Follow Up Appointments*
- (2) Nutrition Consultations*
- 10% off Fullscript*
- (2) IV Therapies or Mini Metabolic Reset*

EXECUTIVE LONGEVITY \$ 7,800

**First Follow-Up Lab Review & Personalized Protocol**

- Unlimited Follow Up Appointments*
- Unlimited Nutrition Consultations*
- Advanced Diagnostic Lab Panels*
- 15% off Fullscript & Peptide Orders*
- (3) IV Therapies & Metabolic Reset*

EXECUTIVE LONGEVITY \$ 6,600

**First Follow-Up Lab Review & Personalized Protocol**

- Unlimited Follow Up Appointments*
- Unlimited Nutrition Consultations*
- Advanced Diagnostic Lab Panels*
- 15% off Fullscript & Peptide Orders*
- (3) IV Therapies & Metabolic Reset*

**Medical Doctor Appointments:**

- New Patient Consultation: \$250
- New Patient First Follow Up: \$1,800
- Follow Up (15 mins): \$180
- Follow Up (45 mins): \$375
- Follow Up (60 mins): \$660
- Follow Up, HRT (Female): \$540
- Follow Up, HRT (Male): \$840
- Annual Follow Up: \$600  
*(Established Client Only)*
- Annual Membership: \$95 monthly  
*(Established Client Only)*

**Naturopathic Doctor & Nurse Practitioner Appointments:**

- New Patient Consultation: \$175
- New Patient First Follow Up: \$1,275
- Follow Up (15 mins): \$120
- Follow Up (45 mins): \$270
- Follow Up (60 mins): \$450
- Annual Follow Up: \$600  
*(Established Client Only)*
- Annual Membership: \$85 monthly  
*(Established Client Only)*

**Registered Nurse Appointments:**

- Follow Up (15 mins): \$60
- Follow Up (45 mins): \$90
- Follow Up (60 mins): \$120

**In House Lab Costs (With Insurance)**

- Northwestern Health Labs handles our blood work. To avoid issues, check your insurance coverage for blood work in advance.
- At Green Circle Wellness, we run many specialized labs, often resulting in higher insurance bills.
- If you receive a bill from Health Labs (over \$1K), email it to [info@greencirclewellness.com](mailto:info@greencirclewellness.com). We will work with our representative to reduce it, though there's no guarantee it will be reduced to \$0. Do not pay the bill until we have reviewed it.
- The billing process can take 3-6 months, so please be patient and ignore any further bills if we've confirmed we're working on it.

**In House Lab Costs (Out of Pocket):**

- If you do not have or do not use insurance, Out of pocket costs for a full blood work is \$275, & NutrEval is about \$429

**Outside Lab Costs (Out of Pocket):**

- Stool test is \$399 (paid to GCW), Mold test is \$435 (paid to Vibrant America), ZRT hormone saliva test is \$135 (paid to ZRT)

**Accepted Payments**

- Credit | Debit | HSA cards are kept on file and will be charged after appointments – please let us know during the appointment if you need to change your preferred payment method
- Superbills for appointments available upon request

## IV Therapy

**Pick Me Up** \$99  
*A revitalizing blend designed to rehydrate, restore energy, and kickstart your metabolism—so you leave feeling refreshed, clear, and recharged.*

**Immunity Boost** \$99  
*A powerful antioxidant infusion that supports your immune system, helps fight off illness, and accelerates recovery—so you can bounce back faster and stronger.*

**Metabolic Boost** \$149  
*A metabolism-supporting blend that helps convert nutrients into energy, reduce fatigue, and enhance focus—perfect for when you want to feel lighter, sharper, and more energized.*

**Mind & Focus** \$149  
*A clarity-enhancing infusion designed to support cognitive function, mental sharpness, and cellular renewal—so you feel focused, refreshed, and mentally dialed in.*

**Beauty Glow** \$149  
*A skin-loving infusion that hydrates from within, supports collagen production, and enhances hair, skin, and nail health—giving you that natural, lit-from-within glow.*

**Deep Hydration** \$149  
*An electrolyte-rich hydration boost that replenishes fluids, restores balance, and revives your body at a cellular level—ideal when you need a full-body reset*

**Performance** \$179  
*Designed to accelerate muscle recovery, reduce inflammation, and support peak performance—ideal after workouts, travel, or physical strain.*

**Alleviate** \$179  
*A calming, restorative infusion designed to ease tension, reduce discomfort, and relax the body—perfect for stress, headaches, cramps, and overall reset.*

**Myers' Cocktail** \$229  
*A full-spectrum infusion of essential vitamins and minerals designed to restore balance, boost energy, and support whole-body wellness—ideal when you want comprehensive, head-to-toe support in a single treatment.*

## Vitamin Boost

**Calcium:** Supports muscle and nerve function \$20  
**Magnesium:** Promotes relaxation, recovery, and hydration \$20  
**B Complex:** Helps boost energy and metabolism \$25  
**Vitamin B12:** Supports energy, focus, and stamina \$20  
**Taurine:** Enhances hydration and mental clarity \$20  
**Alpha Lipoic Acid:** Powerful antioxidant support for recovery and cellular health \$20  
**Vitamin B6:** Supports mood, energy, and cognitive function \$20  
**Biotin:** Promotes healthy hair, skin, and nails \$20  
**Amino Blend:** Supports circulation, hydration, recovery, and performance \$20  
**Vitamin C:** Provides antioxidant and immune support \$20  
**Zinc:** Helps support immune health and recovery \$20  
**Mineral Blend:** Replenishes essential minerals to support hydration, energy, and recovery \$20  
**Glutathione Push:** Powerful antioxidant support for detox, recovery, and glowing skin \$25

## Vitamin Shots

**Vitamin B12:** Supports energy, focus, mood, and metabolism. \$20 | \$70 (4 Pack)  
**Vitamin D (50k):** Supports energy, focus, mood, and metabolism. \$45 | \$150 (4 Pack)  
**Lipo +:** A metabolism-supporting blend designed to support energy, fat metabolism, and detox pathways. \$30 | \$100 (4 Pack)  
**Lipo + with B12:** Enhanced metabolic and energy support with added Vitamin B12 for stamina and focus. \$45 | \$150 (4 Pack)  
**Tri-Immune:** An antioxidant-rich immune blend designed to support recovery, immune defense, and cellular health. \$50 | \$185 (4 Pack)  
**Glutathione:** A powerful antioxidant injection that supports detoxification, recovery, and skin health. \$45 | \$150 (4 Pack)

## Nutritional Services

Complement your provider's care plan or pursue your own health goals with personalized nutrition guidance rooted in functional medicine. Our approach is designed to optimize wellness, improve daily habits, and address the unique factors influencing your overall health and well-being.



JENNA VELAZQUEZ  
(FDNP, CCP)

## Metabolic Reset

A personalized, physician-guided program designed to support weight loss, balance hormones, and optimize metabolism—required for being prescribed GLP-1 therapies to achieve sustainable, long-term results.

**Full Program** \$800  
6 visits

**Mini Program** \$400  
4 visits

## Wellness Memberships

**Foundation Wellness** \$800

- First Follow Up Lab Review & Personalized Protocol
- (4) Follow Ups
- 10% off Fullscript Orders
- (1) IV Therapy

**Optimal Health** \$1,200

- First Follow Up Lab Review & Personalized Protocol
- (6) Follow Ups
- 10% off Fullscript Orders
- (2) IV Therapies

**Executive Wellness** \$2,500

- First Follow Up Lab Review & Personalized Protocol
- (12) Follow Ups
- 15% off Fullscript Orders
- (3) IV Therapies

## Individual Appointments

- New Patient Consultation \$175
- New Patient First Follow Up \$350
- Follow Up (15 mins) \$60
- Follow Up (45 mins) \$175
- Follow Up (60 mins) \$200

## Hydro Heal Therapy

An advanced molecular hydrogen therapy designed to support cellular energy, reduce oxidative stress, and promote full-body recovery—helping your body restore balance and perform at its best.

**15 Minutes** \$30 | \$100 (4 Pack)

**30 Minutes** \$60 | \$200 (4 Pack)

**60 Minutes** \$85 | \$300 (4 Pack)

## Ozone Therapy

Ozone Therapy is an advanced wellness treatment designed to support the body's natural healing, recovery, immune, and detoxification processes through the use of medical-grade ozone (a specialized oxygen molecule).

**IV Application** \$350

**Nasal Application** \$50 | \$180 (4 Pack)

## SkinPen Microneedling

Stimulate collagen, smooth texture, and reveal healthier-looking skin with FDA-cleared microneedling designed to improve tone, firmness, acne scars, enlarged pores, and fine lines. This minimally invasive treatment activates your skin's natural healing process to restore a smoother, brighter, and more youthful complexion with minimal downtime.

**Inquire for Pricing \***

## Infrared Sauna

Using gentle infrared heat, this deeply relaxing treatment supports detoxification, circulation, muscle recovery, glowing skin, and overall wellness — all while helping calm the nervous system and restore balance

**45 Minute Session** \$50 | \$180 (4 Pack)