

Bredesen Protocol Opportunities at **The Maple Center for Integrative Health**

Kathleen Stienstra, MD PC provides a consultative Integrative and Functional Medicine Practice which combines the best of mainstream medicine with the best of integrative/complementary approaches. We are excited to offer the Bredesen Protocol for the prevention and reversal of cognitive decline.

Dr Stienstra and Chloe Hurst, RD work in partnership with the ApolloHealthCo.com website membership for ReCODE and PreCODE assessments and subsequent care. We do not accept Medicare, Medicaid, or private insurance for the Bredesen Protocol. Payment is expected at the time of service (or as a package). Our billing company will provide out-of-network insurance filing for later reimbursement to you if available (not available for Medicare).

Fees for our office can be purchased in a package for Bredesen patients or paid as you go.

ReCODE Package Pricing for the first year of ReCODE support-\$3000 or \$250/month.

This doesn't include the Apollohealthco.com website membership fees which are required. (\$75/month) or recommended supplements. Pay as you go pricing also listed below

Initial 2 hours visit-\$589

Lab orders can be generated at this first visit so insurance will cover most. Lower cost cash lab price options are available. You may also choose to order labs directly through apollohealthco.com for a cash price. There may be additional labs we will recommend after your evaluation.

Uploading lab results to website-\$75

Follow up 90 min visit \$422-review lab results, Bredesen ReCODE report and next steps

Follow up 60 min visits x 3 \$281 each at least quarterly for the first year.

Nutritionist 60 minutes visits x 4 \$100 each-in the first year.

Group Class series for you and support person covering the 3/12 ketoflex diet and other supportive options for ReCODE--4 classes \$200

VIP membership required-\$55/month (\$650/year)--Coverage for in between visit telephone and portal messaging support, prior authorizations, disability forms, etc. this membership covers one visit with nutritionist, \$100 toward nonprofit classes, free set of labs annually (Chemistry panel, blood count, thyroid labs (TSH, Total/RT3), RBC magnesium, NMR lipoprofile, Vitamin D level, Vitamin B12 level).

Either payment option includes the following:

- Access to deeper dive laboratory and other testing as necessary to identify contributors to cognitive decline
- Two ReCODE Reports to track your progress through the program
- Cognitive assessment administration
- Review of cognitive assessments results (SLUMS or MoCA, CNS Vital Signs and the AQ-21), over time to track your performance and progress
- Development of a personalized treatment plan based upon your ReCODE Report, which will include addressing root causes of cognitive decline, repeat labs and cognitive assessments at six months, health monitoring for oxygen saturation, glucose and ketones, and guidance with dietary and lifestyle strategies
- Communication between visits to provide support as things come up
- *Costs for additional labs, supplements, equipment and supplies, and adjunct therapies and treatments are not included in the program price

PreCODE First Year Package-\$2200 or \$184/month. Pay as you go pricing listed below. This doesn't include the Apollohealthco.com website membership fees which are required (\$45/month) or recommended supplements.

Initial 2 hours visit-\$589

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