

THE HEALTH BAR

Wellness Programs

PERSONALIZED CARE. REAL RESULTS.

Direct Pay • HSA/FSA Accepted



WEIGHT MANAGEMENT

\$45/month

INCLUDES:

- Weight goal tracking
- Nutrition & lifestyle guidance
- Progress monitoring
- Medication management (if applicable)
- Accountability & coaching



Support for your goals.

Sustainable results that fit your life.



WOMEN'S HEALTH CHOICE

\$60/month

INCLUDES:

- Weight Management
- Annual Wellness Exams
- Sick Visits
For non-emergency acute illnesses

PLUS:

- Discounted pricing on IV infusions & injections
- Discounted pricing on laboratory services



Your health. Your choice.

Everything you need to feel your best and stay on track.



TOTAL WOMEN'S OPTIMIZATION

\$80/month

INCLUDES:

- Hormone Management
- Weight Management
- Annual Wellness Exams
- Sick Visits
For non-emergency acute illnesses

PLUS:

- Discounted pricing on IV infusions & injections
- Discounted pricing on laboratory services



Complete care. Total you.

Feel your best. Live your best.



SICK VISITS | \$65

Available as an add-on to an infusion visit.



HEALTH CHECKS | \$65

Preferred labs to help you stay informed.
Not to replace a primary care provider.

MEN & WOMEN'S HORMONE OPTIMIZATION



WOMEN'S HORMONE OPTIMIZATION

INCLUDES:

Personalized hormone care for every stage of life. Balance. Restore. Thrive.

[SEE WOMEN'S PROGRAM](#)



HORMONE BALANCE
CHANGES LIVES



MEN'S HORMONE OPTIMIZATION

INCLUDES:

Optimize your energy, strength, vitality, and focus.

[SEE MEN'S PROGRAM](#)

Comprehensive Labs • Expert Care • Ongoing Support • Lasting Results

WHY CHOOSE THE HEALTH BAR?



PERSONALIZED CARE

Care tailored to you.



EVIDENCE-BASED TREATMENT

Science guiding better outcomes.



FLEXIBLE IN-PERSON & VIRTUAL CARE

Convenient care that fits your life.



PROACTIVE HEALTH. LASTING RESULTS.

Supporting you for the long run.



HSA/FSA ACCEPTED

Use your benefits with confidence.



(336) 513-7269



TheHealthBar.Biz



Burlington, NC

♥ Your health. Your balance. Your best life. ♥