

Dr. Alexander Grinberg Consultation Plans

A Note on My Approach

My goal is to find the most effective path forward for your unique health situation(s). For some individuals, this means a clear solution and resolution. For others with more complex or chronic conditions, it involves strategic management, significant functional improvement, or gaining a deeper understanding of the root causes.

To ensure I am the right expert for your specific needs, the consultation process begins with a brief, preliminary review of your case **before** you book a consultation. This allows me to determine if your health concern(s) fall within my area of expertise and if I am confident that I can provide the help you are seeking. This can be done by filling out the simple form on my website. I will personally review your submission and then reply with either a confirmation and **a link to book a consultation via Calendly** or a notification if I feel your case is outside my area of expertise.

Once you receive my Calendly link, you can select the tiered plan that best serves your needs. I have designed the following tiers to accommodate a range of health goals and complexities, from a foundational assessment to comprehensive, guided support.

Tier 1: Foundational Assessment

- * **Duration:** 15 minutes
- * **Fee:** \$500
- * **Ideal for:** Individuals seeking an expert opinion and a general strategic direction for specific health concern(s).
- * **Includes:**
 - * A focused review of your primary health problem(s).
 - * General strategy and recommendations.
 - * **Session Recording & AI Transcript** delivered via email.

Tier 2: Detailed Health Review

- * **Duration:** 30 minutes

- * **Fee:** \$1,000
- * **Ideal for:** Individuals with a more complex history who have tried previous treatments without success.
- * **Includes:**
 - * An in-depth review of your health problem(s) and history.
 - * A more detailed, intermediate strategy.
 - * **Session Recording & AI Transcript** delivered via email.

Tier 3: Comprehensive Plan

- * **Duration:** 45 minutes
- * **Fee:** \$1,500
- * **Ideal for:** Patients who want a complete treatment plan formulated from their clinical data.
- * **Includes:**
 - * A brief in-consultation review of key clinical data.
 - * A comprehensive treatment plan, **delivered verbally during our session** and captured in your **AI transcript**.
 - * **Session Recording & AI Transcript** delivered via email.

Tier 4: Deep Dive Analysis & Treatment Plan

- * **Duration:** 60 minutes
- * **Fee:** \$2,500
- * **Ideal for:** Patients who want **the most thorough analysis and a highly detailed treatment plan**.
- * **Requires:** Submission of your clinical data to my personal email (provided upon case approval) for my pre-consultation review.
- * **Includes:**
 - * **Pre-consultation review** of all provided clinical data before our meeting.
 - * A highly detailed and personalized treatment plan, **delivered verbally during our session** and captured in your **AI transcript**.
 - * **Session Recording & AI Transcript** delivered via email.

Tier 5: Executive Health Protocol & Guided Support

- * **Duration:** 60 minutes & 4 - 6 Weeks of Direct Support
- * **Fee:** \$3,000
- * **Ideal for:** Individuals committed to a guided health transformation and seeking **direct, ongoing support from me.**
- * **Requires:** Submission of your clinical data to my personal email (provided upon case approval) for my pre-consultation review.
- * **Includes:**
 - * Everything in the *Deep Dive Analysis & Treatment Plan*.
 - * **Written 4-6 Week Treatment Protocol** delivered after our consultation via email.
 - * **Direct 1-on-1 Support for 4-6 Weeks** via brief, scheduled WhatsApp calls (5-10 minutes).
 - * **Session Recording & AI Transcript** delivered via email.

Consultation Tiers at a Glance

Feature	Tier 1	Tier 2	Tier 3	Tier 4	Tier 5
Duration	15 min	30 min	45 min	60 min	60 min
Pre-Consult Data Review				✓	✓
Verbal Treatment Plan			✓	✓	✓
Written Treatment Protocol					✓
Direct Post-Consult Support					✓

The Consultation Process: Step-by-Step

- 1. Submit Your Case for Review (Required First Step):** To begin, use the **contact form on my website** to send me a brief summary (**a single paragraph**) of your health problem(s) and what you hope to achieve.
- 2. Receive Approval & Booking Information:** I will personally review your summary. If your case is a good fit, I will reply to the email address you provided with a confirmation that includes **my personal email address** (for data submission) and **my personal Calendly link**. The Calendly link takes you to a booking page where all consultation plan tiers are listed. You can then **choose your preferred plan tier**, select an available date and time, and complete the prepayment to secure your appointment.
- 3. Submit Clinical Data (For Tiers 4 & 5):** After your booking is confirmed, send your relevant clinical data (labs, imaging reports, etc.) to **my personal email address provided** in your approval email. This step is essential as it allows me to conduct a thorough review of your case *before* our consultation.
- 4. Follow-Up Care:** After our initial consultation, you may book another session at any time **using the same Calendly link**. If you need help deciding which plan tier to choose, simply email me directly, and we can decide which plan tier best fits your current needs.