Hormone Health Roadmap — Step-by-Step Guide to Get Your Hormones on Track

This roadmap outlines a clear, practical path patients follow at Vivaa Integrative Health to evaluate, rebalance, and maintain healthy hormones. It's individualized care — but these are the typical steps you can expect.

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1. Book & Prepare

- **Book a 60-minute initial consultation** (virtual) via our portal or by calling (678) 713-3645.
- **Complete intake forms** and upload recent labs at least **48 hours before** the visit.
- **Prepare a list** of symptoms, medications/supplements, menstrual or menopausal history, sleep quality, stressors, and a 3-day food/activity snapshot.

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2. Comprehensive History & Baseline Assessment

- Practitioner reviews your full medical, menstrual/reproductive, sleep, stress, and lifestyle history.
- Discuss symptoms commonly related to hormones: fatigue, weight changes, irregular periods, low libido, mood swings, sleep disruption, hair loss, brain fog, etc.
- Identify contributing lifestyle and environmental factors.

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3. Targeted Lab Testing & Diagnostics

- Provider orders evidence-based labs tailored to your story. Typical tests may include:

  - **Thyroid**
  - **Sex hormones**
  - **Adrenal function**
  - **Metabolic labs**
  - **Other relevant tests:** comprehensive stool, food sensitivity, or autoimmune panels).

- Labs may be done through Quest/LabCorp (insurance billed) or specialty labs billed through Vivaa (discussed beforehand). Fasting may be required for some tests.

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4. Results Review & Personalized Plan

- Follow-up (≈30 minutes) scheduled once results are available (typically 3–4 weeks).
- Provider explains findings, identifies root causes (e.g., thyroid dysfunction, insulin resistance, HPA axis dysregulation, sex hormone imbalance), and shares a **personalized treatment plan** that can include:

    - Targeted nutrition and elimination strategies
    - Sleep, stress, and movement prescriptions
    - Supplement protocols (nutrients, botanicals)
    - Prescription therapies when clinically indicated (e.g., thyroid meds, hormonal therapies)
    - Referrals or coordination with other providers as needed

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5. Implement & Support

- Start the plan with clear, measurable goals and timelines.
- Use the **patient portal** to message updates, questions, and interim symptoms.
- Expect to track symptoms, sleep, and possibly use food/symptom logs or wearables if helpful.

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6. Recheck & Titrate

- Routine follow-up visits every **4–12 weeks** depending on complexity to:

    - Review symptom progress and adherence
    - Adjust supplements, medications, or lifestyle interventions
    - Repeat targeted labs to confirm biochemical improvement or medication levels

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7. Maintenance & Prevention

- Once hormones are balanced, shift to a maintenance schedule: periodic labs (e.g., every 3–12 months), continued lifestyle support, and early intervention for new symptoms.
- Focus on sustainable habits: stable blood sugar, optimized sleep, stress resilience, gut health, and toxin reduction.

Practical Patient Checklist (Before & During Care)

- Upload prior labs and a current medication/supplement list.
- Fast when instructed for blood draws (commonly 8–12 hours).
- Be ready to track symptoms and lifestyle for 2–4 weeks.
- Keep communication open via portal for questions and updates.

What to Expect — Timeline Snapshot

- **Week 0:** Intake + initial consultation (60 min)
- **Week 0–2:** Labs ordered and completed
- **Week 3–5:** Results review + personalized plan (30 min)
- **Week 6–12:** First follow-up(s) and adjustments
- **Ongoing:** Periodic monitoring and maintenance

Red Flags — Contact Us Sooner If…

- Sudden, severe symptoms (chest pain, shortness of breath, severe dizziness) — seek emergency care.
- Rapid, unexplained weight loss or gain, severe mood changes, or new neurological symptoms — message the practice immediately.

Final Notes

- Hormone care is highly individualized — what works for one person may not suit another.
- We emphasize root-cause testing, safe evidence-based treatments, and stepwise adjustments to restore function and vitality.
- Vivaa Integrative Health provides virtual visits and coordinated lab testing; we partner with your other providers as needed.