

Your Path to Wellness

with Dr. Erez

01

Free 15-Minute Intro Call

A no-pressure call to make sure we're the right fit and start mapping out the testing that makes sense for you.



02

Join the Practice

Simply pay the new patient fee and you're officially in. → drerez.com/membership



03

Comprehensive Intake Form

Collecting your full health story so nothing important gets overlooked before we meet.



04

Functional Lab Testing

You complete the specific advanced testing we agree on to uncover root causes and surface any imbalances contributing to your symptoms.



05

60-Minute New Patient Deep Dive

Initial Appointment

- Your goals, and how you want to get there.
- Unpacking your health history and what you've already tried.
- Any specific red flags from your intake.
- The lifestyle pillars: diet, exercise, sleep, and stress.
- A deep, line-by-line review of your lab results.
- ★ Treatment options, with clear recommendations from Dr. Erez.

06

Quarterly Follow-Up & Lab Review

We retest, review your progress together, and adjust until your numbers move into your optimal range.

