



*Individualizing Hormone Therapy  
for Women*

# *About RejuvinAge...*



RejuvinAge offers bio identical hormone replacement encompassing the integration of healthy aging: diet, exercise, proper nutritional supplementation, stress reduction and the hormone connections essential for optimal function of our bodies.

Since 2001 we have successfully treated more than 1200 patients. Our approach to hormone replacement therapy focuses on Individualizing Hormone Therapy . Patients receive a comprehensive evaluation and an individually-tailored treatment program which requires continual monitoring to achieve optimal results. We focus on each individual patient and never practice the philosophy of "one size fits all".

Our practice is a consultative one and we do not take the place of your physician. Our program is designed to provide a thorough evaluation of your hormonal health. We partner with each patient, tailoring recommendations to individual needs. We encourage each patient to take control of their health care decisions and become an active partner throughout the RejuvinAge Program. Every patient is different and every body responds differently to hormones. Our physician embraces the personal needs of each patient and individualizes each program.

The goal of RejuvinAge is to provide the most comprehensive hormone replacement program available today. A successful program takes time, patience, compliance, good communication and a partnership between each patient and our staff. While it is your individual journey, we embark on it with you to ensure the results you expect. We look forward to helping you achieve renewed health, zest and vitality.

Prior to your consultation, please review the complete program packet. After reviewing the RejuvinAge packet and completing the Health & Lifestyle questionnaire, your consultation appointment will be scheduled with our physician. This appointment allows you to meet Dr. Krup and discuss your personal needs and expectations. From this appointment you will be directed to the lab for hormone blood work. Within fourteen days of completing your lab work, you will return to RejuvinAge for your program appointment.

The RejuvinAge program appointment is a comprehensive hour or hour and a half appointment. Dr. Krup will discuss your health and lifestyle questionnaire, laboratory results and design your individualized hormone replacement program. She will complete the doctor portion of this appointment with a physical examination. By combining health history, lab results and symptoms, she will tailor your program specifically to you.

# The RejuvinAge Program

RejuvinAge specializes in bio identical hormone replacement for women and men. Bioidentical hormones are compounds that have exactly the same chemical and molecular structure as hormones that are produced in the body. Most bio identical hormones are made from soy or wild yams which contain compounds that are chemically processed and made into identical replicas of hormones produced by the body. Bio identical hormones are prescription medicines and should not be confused with over the counter formulations of creams and supplements. We thoroughly assess every patient through comprehensive blood testing, a complete medical history and a physical examination. Dr. Krup's focus is Individualizing Hormone Therapy. Her understanding is "one size does not fit all". Appropriate Dosages, Appropriate Routes of Administrations and the Appropriate Duration of individual treatment are all factors considered in a hormone replacement program at RejuvinAge.

Dr. Krup prescribes individualized hormone therapy optimizing each hormone that may be sub-optimal. Throughout every RejuvinAge program we monitor your hormonal system through blood levels, symptoms and patient communication, ensuring optimal levels are maintained.

Optimal health consists of the five pillars of healthy aging: diet, exercise, nutritional supplementation, stress reduction and the hormone connections essential for restoring hormone balance. A successful HRT Program often takes time, patience, compliance, proper communication and a partnership between you and our staff. While it is your individual journey, we embark on it with you to ensure the successful results you expect.

## GETTING STARTED

Your Hormone Replacement Program begins with a one half hour private consultation with our physician. Based on the information you provide, Dr. Krup will recommend the appropriate lab panel for your Individualized Hormone Replacement Program.

## CATERING TO YOUR SCHEDULE

Our Hormone Replacement Program is *Physician Managed* and involves an extensive consultation, evaluation and individualized hormone therapy replacement program. The programs offered are either one hour or one hour and a half on the day of your program appointment. Please make arrangements convenient to your schedule as this time is best spent without interruptions. *We request cell phones not be used in our clinic.* Our specialty is the individualized care we provide for the hormone replacement therapy you deserve.

## WHAT TO EXPECT OF THE DAY

On the day of your RejuvinAge appointment, we begin with the discussion of your health & lifestyle questionnaire. We continue by focusing on your hormones and precisely how they work in your body. Dr. Krup will provide an evaluation of your hormones and discuss the goal for each level. She will then individualize a program precisely for you. We will complete your visit with a physical examination. Each program we offer provides a one on one visit with our physician.

## FOLLOW UP TREATMENT

Throughout your entire Hormone Replacement Program our physician will provide the appropriate management for successful results. Communication and follow up appointments are an integral part of each program at RejuvinAge. Recheck visits and follow up lab work is not included in the program packages. Individualized lab testing is ordered by Dr. Krup, based on your program. We will schedule follow up laboratory and a recheck appointment approximately 6-7 weeks from your initial visit. Lab results are an important tool for hormone replacement. Results are provided and discussed on the day of your actual appointment.

## CANCELLATION POLICY

Our practice hours are Tuesday & Wednesday by appointment only. Our appointments are private and prompt. We request a three-day notice of cancellation should you find it necessary to cancel or reschedule an appointment. If at any time, you cannot reach our staff by phone, please email us at [info@rejuvinage.com](mailto:info@rejuvinage.com).

## PAYMENT TERMS

Payment is expected at the time of services. Pre-payment is required for laboratory services. Payment may be made in the form of cash, check, Visa, Master Card or American Express.

## PROGRAM TERMINATION

Despite our best efforts, occasionally we may see a patient who is not a good match for our program. We make every attempt to educate our patients regarding compliance, commitment and cost. Unfortunately, a patient may decide that they are unable to follow through with the program as prescribed. If at any time you choose to discontinue your program, it is the responsibility of the patient to notify our office in writing thirty days prior to your appointment or shipment date.

# The RejuvinAge Female Programs

RejuvinAge offers several options for female hormone replacement. Our programs are physician managed and provide you with a comprehensive evaluation & interpretation of your lab results, the development of your Hormone Replacement Program with a Prescription Program individualized based on your lab results. Follow up doctor visits and ongoing Lab fees are a separate charge and are not included in The RejuvinAge Program Pricing.

The focus of each RejuvinAge Program is based on responsible medical care. Replenishing hormones and maintaining the levels are essential to a healthy endocrine system. Our Programs are structured to help you achieve and maintain your desired goals.

## Lab Work

Each program begins with lab work. RejuvinAge offers customized lab panels. All required lab work is ordered by Dr. Krup. We do not accept or discuss lab work ordered by other physicians. In keeping with our practice philosophy, we discuss and release lab results only on the day of the patient appointment.

The Basic Female lab panel includes seven hormone lab test. Our premier lab panel includes fifty four lab tests for a complete hormonal and medical evaluation. Lab results take approximately one week, therefore we encourage your blood draw be arranged at your earliest convenience. To insure the accuracy of the premier lab panel it is important that you fast for 8 hours before your blood is drawn.

## Consultation Appointments

Every RejuvinAge Program begins with a half hour consultation with Dr. Krup. During your private consultation, Dr. Krup will recommend the appropriate program to help you achieve your goals. Lab fees are payable on the day lab work is ordered. Program Fees are payable on the day of your RejuvinAge Program Appointment.

**Consultation Appointment & Recheck Appointments 1/2 hour** **\$175.00**

## RejuvinAge Female Programs

**Basic Female Hormone Replacement Program** **\$890.00**

The Basic Female Program fee includes a hormone lab panel (\$495) and a 45 minute program appointment with Dr. Krup and her staff (\$395).

**Premier Female Program** **\$1290.00**

The Premier Female Program fee includes a Premier Lab Panel (\$695) and a one hour and a half program appointment with Dr. Krup and her staff (\$595).

**Thyroid Program** **\$490.00**

The Thyroid Program includes a Thyroid Lab Panel (\$225) and a 1/2 hour program appointment with Dr. Krup (\$265).

**Estrogen & Progesterone Program** **\$490.00**

The Estrogen & Progesterone Program includes a Lab Panel (\$225) and a 1/2 hour program appointment with Dr. Krup (\$265).

## Prescription Programs

Appropriate Dosages, Appropriate Routes of Administrations and the Appropriate Duration of individual treatment are all factors considered in hormone replacement programs at RejuvinAge. Dr. Krup prescribes individualized hormone therapy optimizing each hormone. Throughout every RejuvinAge program we monitor your hormonal system through blood levels, symptoms and patient communication, ensuring optimal levels are maintained. Medications are prescribed based on individual lab results, delivery systems and specific dosages. Each Program includes a monthly fee of \$75 for prescribing, ordering and managing each program.

## Follow Up Treatment

Follow Up appointments are an integral part of The RejuvinAge Program. Our goal is to optimize each hormone level. Which hormones to replenish, how much to replenish and how to adjust hormones is the art and science of individualizing hormone therapy. As a patient, if a lab recheck is required and not completed prior to ship date a monthly fee of \$75 will be charged. Annual lab rechecks and appointments must be completed on time or a restart program may be required. A written termination notice is required to terminate a hormone replacement program. Follow-up lab work is additional based on the actual lab test you will have rechecked. As a patient, it takes compliance and commitment on your part to make this program a success.

The first follow up appointment is approximately 6-7 weeks after the start of each program. Follow-up appointments are \$175 for a 1/2 hour visit with Dr. Krup. Follow-up lab work is an additional charge based on the actual test you have rechecked. As a patient, it takes compliance and commitment on your part to make this program a success.

# *Why we do not accept Insurance...*



Throughout our lives, there is sometimes a decline in our body's ability to produce optimal levels of hormones. Individualized Hormone Replacement Therapy is based on responsible medical care and the science of simply restoring the balance of the endocrine system to that which we had at an earlier age.

Hormone Replacement may be described as an investment in your health. The practice of individualizing hormone therapy is often considered elective. We optimize hormone levels based on lab results and do not typically treat illness or disease.

We do not accept assignments or participate in insurance plans. In keeping with a free enterprise philosophy, our policy regarding insurance has always been that we choose to work directly with our patients rather than through an insurance company. We have opted out of the Medicare Program and are only able to see Medicare eligible patients who first elect to pay in full for all services rendered and subsequently sign a Medicare Waiver, an agreement not to seek reimbursement from Medicare for medical care received at our office.

# About our Doctor

Jennifer Krup, M.D. is the medical director of RejuvinAge. With over 30 years experience in Family Medicine, her passion continues with BHRT. Her attention to detail keeps RejuvinAge in the forefront of Individualizing Hormone Therapy for women & men.

Dr. Krup has dedicated more than 12 years to the practice of hormone replacement. She is well respected for the knowledgeable and personalized care she provides each patient. Her warm and caring personality allow her to work with patients of all ages. Dr. Krup's passion for BHRT combined with her attention to detail is evident through the success of each satisfied patient. Dr. Krup maintains an amazing reputation amongst both patients and colleagues.

Dr. Krup practiced family medicine in Virginia Beach for eighteen years before pursuing her education in Bio Identical Hormone Replacement. In 2000, she was invited to London, England to open the UK's first Anti-Aging Center. After the successful launch of HB Health, Dr. Krup returned to Virginia Beach for the opening of RejuvinAge. In addition to her work in BHRT, she remains an enthusiastic Family Physician.

In addition to her passion for BHRT, Dr. Krup has many other interests. A new husband, travel, a precious grandson and three children. But her charismatic personality and innate ability to engage people are her truest gifts. These attributes are what set Jennifer Krup, M.D. apart and what her patients love most.



# *General Information*



RejuvinAge is located in Virginia Beach at the corner of Great Neck Road and Virginia Beach Boulevard. Our exclusive center is in the Chambord Common Shoppes facing Virginia Beach Boulevard.

RejuvinAge is open Tuesday, Wednesday and Thursday. Please call **757-306-4300** to schedule your appointment. We will forward a patient packet by mail or you may download a female or male packet from our website at [www.rejuvinage.com](http://www.rejuvinage.com). Our patient packet will contain all of the information about the RejuvinAge Program. Prior to your appointment, please complete the Health and Lifestyle Questionnaire and be sure to bring it with you.

*Chambord Commons  
2232 Virginia Beach Boulevard  
Suite 104  
Virginia Beach, Virginia 23454  
757-306-4300  
[www.rejuvinage.com](http://www.rejuvinage.com)*