



**Men's Vitality Center®**  
The Nation's Leader in Men's Health

**RECHARGE YOUR LIFE.**  
**MEET THE NEW YOU!™**

## COMMON QUESTIONS & CONCERNS ABOUT TESTOSTERONE REPLACEMENT THERAPY FOR MEN



### WHAT IS TESTOSTERONE?

Testosterone is the primary male sex hormone.  
It is naturally produced by the testes.



### WHAT DOES IT DO?

Testosterone helps a man maintain:

- Sex drive and sexual function**
- Muscle mass and strength**
- Bone strength**
- Mood and energy**
- Sperm production**
- Normal sleep patterns**
- Normal weight**



### HOW DO I KNOW IF MY TESTOSTERONE LEVELS ARE LOW?

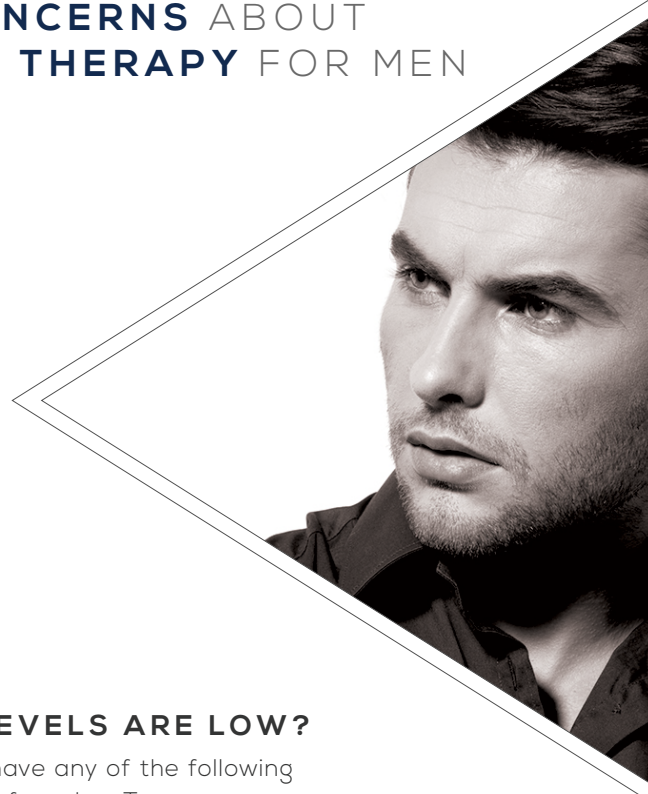
Begin by taking our symptom checker. If you have any of the following symptoms, you may be suffering from low T.



### WHAT IF I HAVE SYMPTOMS?

- A decrease in libido (sex drive)**
- A lack of energy**
- A decrease in strength and/or endurance**
- Erections that are less strong and/or less frequent**
- A decrease in your enjoyment of life**
- Sad/or grumpy moods**
- A recent deterioration in your ability to play sports**
- A recent deterioration in your work performance**
- Falling asleep soon after dinner**
- A loss of height**
- Increasing abdominal fat**

If you experience any of the above symptoms associated with low testosterone, contact one of our clinics for a complete medical exam and testosterone level lab check. Regular checkups and age-appropriate screenings can improve your health and extend your life.





## WHAT BENEFITS WILL I GET FROM THE THERAPY?

Testosterone Replacement Therapy can help:

- Build lean muscle and lose body fat**
- Improve libido and sexual performance**
- Increase energy**
- Improve mood**
- Improve mental clarity and quickness of thought**
- Protect against heart disease**
- Restore lost zest for life**
- Decrease or resolve depression**
- Decreases stress levels**



## HOW DID MY LEVELS GET LOW IN THE FIRST PLACE?

Low T can occur due to many different factors.

Testosterone normally declines as men get older. During puberty and early adulthood, testosterone levels are at a lifetime peak. These levels begin to decline about the age of 25-30 years old.

Certain pre-existing medical and environmental conditions can also cause low testosterone levels such as:



DIABETES



OBESITY



HIGH BLOOD  
PRESSURE



HIGH  
CHOLESTEROL



ASTHMA



CHRONIC HIGH  
STRESS



## HOW LONG BEFORE I SEE RESULTS?

Symptoms will start to improve in as few as 7 to 14 days. If you also practice a healthy lifestyle, you can totally transform your life.



## IS TESTOSTERONE REPLACEMENT THERAPY SAFE?

Very Safe. As Internal Medicine Physicians, our patients health is our number one priority. We monitor your labs regularly, use only FDA-approved medications, and are always available to serve you.



## WHAT TYPE OF TESTOSTERONE DO YOU USE?

We only use bio-identical Testosterone Cypionate approved by the FDA.



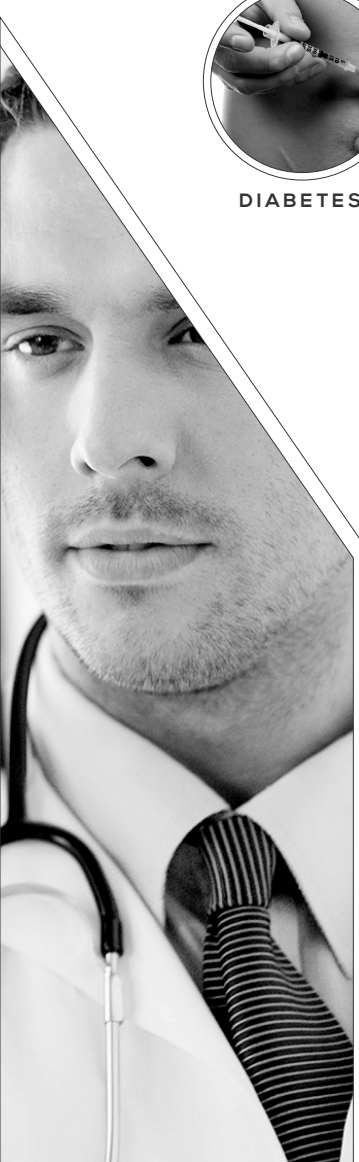
## HOW IS IT ADMINISTERED?

It is administered by intramuscular injection to the gluteal or deltoid muscle.



## HOW OFTEN DO YOU ADMINISTER THE INJECTIONS?

Injections are scheduled every 7 days.







# TESTOSTERONE REPLACEMENT THERAPY



## **Q** I THINK MY LEVELS ARE LOW. NOW WHAT?

You know the symptoms. You've used our symptom checker to determine your risk. It's time to schedule an evaluation by calling your local office or by making an appointment online. You can also walk-in in to see us at anytime. All information submitted online is sent to our offices using data encryption and secure servers. Your privacy is HIPPA protected.

## **Q** HOW MUCH DOES THE TREATMENT COST?

Most insurance plans cover Testosterone Replacement Therapy if the patient meets the insurance companies specific criteria (i.e. low Testosterone lab levels). Many patients opt for the much greater treatment flexibility that is provided by paying our affordable cash prices.

## **Q** DO YOU TAKE MY INSURANCE?

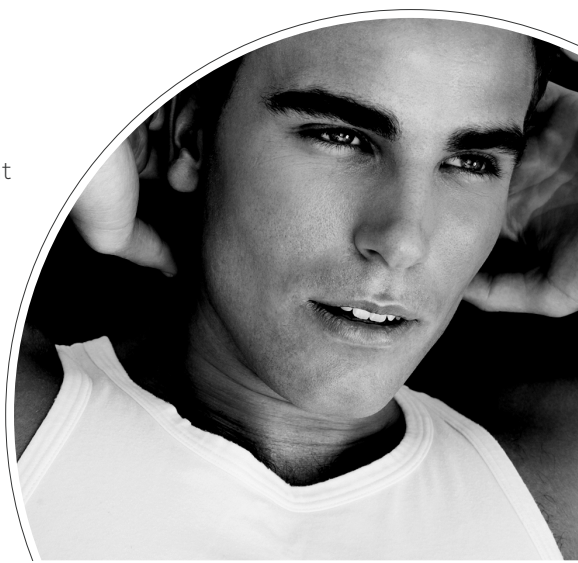
By calling ahead insurance coverage can be verified prior to your first office visit.

## **Q** WHAT INSURANCE PROVIDERS DO YOU ACCEPT?

Aetna, AZ Foundation, Blue Cross Blue Shield, Cigna, Coventry, GEHA, GreatWest Health, HealthNet, Humana, TriCare, and United Healthcare. If your insurance company is not on the list you may still have benefits. Please call one of our offices.

## **Q** I DON'T HAVE HEALTH INSURANCE DO YOU OFFER AN OUT OF POCKET OPTION?

We certainly do! Many patients opt for the much greater treatment flexibility that is provided by paying our affordable cash prices..





### **I MADE MY FIRST APPOINTMENT WHAT CAN I EXPECT?**

You will fill out standard medical forms including a health history questionnaire. Thereafter, one of our physicians, physician's assistants, or nurse practitioners, review your medical history and perform a thorough physical exam. Finally, we will draw your blood to evaluate for low testosterone levels.



### **HOW LONG WILL IT TAKE?**

Your initial visit takes about 60 minutes.



### **WHEN WILL I KNOW MY LAB RESULTS?**

Each patient will receive a phone call within 24-48 hours to review their lab results.



### **WHAT ARE YOUR HOURS OF OPERATION?**

Please visit our locations page to view the hours of operation for a clinic in your area.

\*\*\*No prescription will be provided unless a clinical need exists based on required lab work, physician consultation, physical examination and current medical history. Please note, agreeing to lab work and physical exam does not guarantee a finding of clinical necessity and a prescription for hormone therapy, treatment or hormone medications including testosterone, HCG or any other medical treatment based on medical treatment.



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