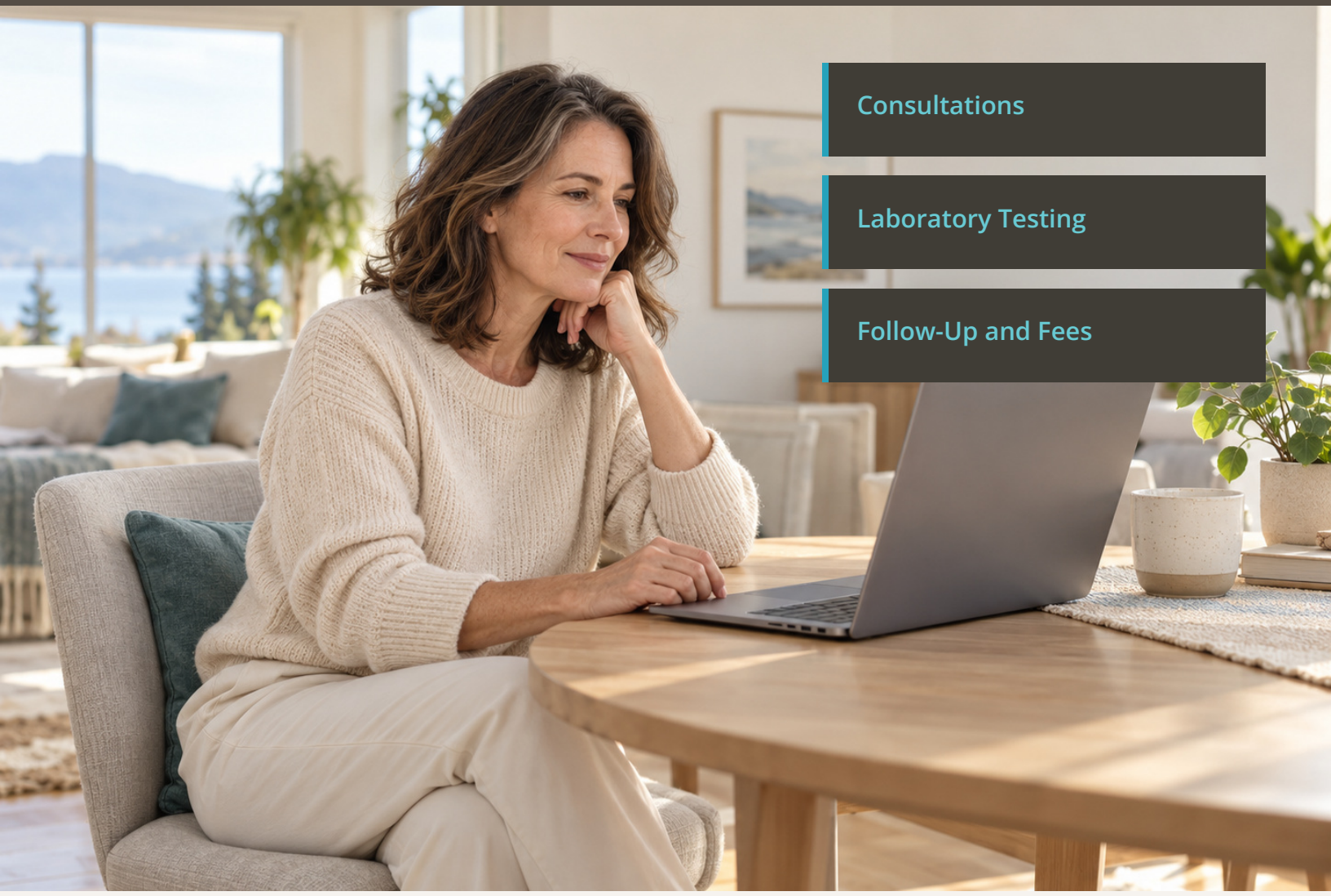
PACIFICA MD

Women's Hormone Optimization

Information for Women Over 40 Who Live in British Columbia



Dr. Elisabeth Crisci offers focused hormone optimization care. This package explains how the service works, including consultations, laboratory testing, follow-up, and fees, so you can decide whether to book a complimentary Discovery Video Call.

How Care Begins

From Your First Conversation to Ongoing Care

CLICK HERE TO BOOK YOUR COMPLIMENTARY DISCOVERY VIDEO CALL

Did you print this document? Scan this code with your phone camera to go directly to the link.

1

Step 1

Discovery Video Call

Book a complimentary Discovery Video Call and complete the New Medical Patient Intake questionnaire before the call. This is an opportunity to learn about the service and assess whether it is a good fit. It is not a medical consultation, and no treatment or prescribing decisions are made during the call.

2

Step 2

Prepare for Your Consultation

If invited to proceed, you will receive an invoice for the $525 Treatment Planning Consultation and a laboratory requisition. Please complete the requested tests at least seven days before your consultation. You pay LifeLabs directly for uninsured testing.

3

Step 3

Treatment Planning Consultation

Dr. Crisci reviews your medical history, symptoms, and available test results. Together, you discuss treatment options, potential benefits, risks, uncertainties, and alternatives, including no treatment, if that is your choice.
If appropriate, you may agree on a treatment trial.

4

Step 4

Ongoing Care

Heather Gagnon, RN, provides routine follow-up and reviews your response to treatment within the care plan established by Dr. Crisci. Dr. Crisci remains responsible for new clinical assessments, starting medication, and decisions outside that plan.

Clinical Approach

Individual Assessment, Treatment Options, and the Scope of Care

Dr. Crisci considers your symptoms, goals, overall health, and medical history alongside selected hormone test results when discussing treatment options and adjustments. This approach to hormone optimization may differ from conventional symptom-guided menopause care.

Test results alone do not establish a diagnosis or guarantee improvement. The tests ordered depend on your individual circumstances.

Treatment options may include estradiol and progesterone, and testosterone for selected women. Thyroid assessment and treatment may be considered when clinically indicated. Medication decisions follow an individual assessment and discussion. If a concern falls outside this focused service, we will direct you to your family physician, nurse practitioner, or another appropriate service.

What This Service Does Not Replace

Continue care with your family physician or nurse practitioner, including routine cancer screening and care for conditions outside hormone optimization. Virtual appointments have limitations, and an in-person assessment may be needed. This service is not for urgent symptoms or emergencies.

Fees and Laboratory Costs

Appointment Fees, Testing, and Cancellation Terms

Appointment	Fee
Physician Consultation or Subsequent Physician Appointment:	$525 plus applicable GST.
RN Follow-Up With Laboratory Review:	$375 plus applicable GST.
Brief RN Follow-Up Without Laboratory Review:	$115 plus applicable GST.

Laboratory Testing and Medications

Medications and uninsured LifeLabs testing are additional. When privately billed tests are ordered, the estimated patient-pay cost is **$85–$335** per round of testing, depending on the tests selected. The lower end covers testosterone and SHBG. The upper end also includes estradiol, FSH, progesterone, DHEAS, and thyroid testing (free T3). Some patients may not need privately billed tests. LifeLabs prices may change; please confirm the current charge before collection.

Cancellations and Refunds

Cancel or reschedule at least 24 hours before your appointment for a full refund or credit. For a cancellation with less than 24 hours' notice or a missed appointment, a $100 fee applies; the remaining prepaid amount will be refunded or credited.

Ready to Learn More?

Book a complimentary Discovery Video Call to learn about the service and your next steps.

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Your Clinical Team

The People Involved in Your Care

Physician

Dr. Elisabeth Crisci is a BC-licensed family physician with more than 20 years of clinical experience and the Medical Director of Pacifica MD. Her current practice focuses on hormone care for women in midlife. She is a member of The Menopause Society and the International Society for the Study of Women's Sexual Health (ISSWSH). She has completed additional training with WorldLink Medical, A4M, and Biote.

Registered Nurse

Heather Gagnon is a registered nurse who provides routine follow-up under Dr. Crisci's clinical protocols and your individual care plan. She reviews your response to treatment, tolerability, and preferences with you, and brings decisions outside the plan to Dr. Crisci. Dr. Crisci remains responsible for your medical care.

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CLICK HERE TO BOOK YOUR COMPLIMENTARY DISCOVERY VIDEO CALL

Next Step

Book a Complimentary Discovery Video Call.

Once booked, you will receive the New Medical Patient Intake questionnaire. Please complete it before the call so Dr. Crisci can assess whether her practice and approach are a good fit for you.

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