

DR. AOIFE O'SULLIVAN

PORTLAND MENOPAUSE DOC

MIDLIFE AND MENOPAUSE CARE

The *Reignite You* Program



www.portlandmenopausedoc.com

WELCOME

Welcome to the **Reignite You** Membership Program! I am thrilled to have you joining me on this journey towards improved health and wellness. This welcome packet contains everything you need to know about my 6 month program, ensuring that you feel informed and supported every step of the way.

- Aoife O'Gullivan MD



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REIGNITE YOU

I provide personalized, evidence-based menopause care through my cash-pay telemedicine practice. I do not work with insurance companies as I cannot work within their 15 minute appointment restrictions.

My patients are women in perimenopause or menopause who are tired of feeling dismissed or stuck with vague advice. I also work with breast cancer, and other cancer survivors, collaborating with their oncologists when hormone therapy is part of their chosen plan.

To give you the time, attention, and expert care you deserve, I offer a 6-month structured program called **Reignite You**, not pay-as-you-go.

Why? Because without consistent follow-up, care becomes fragmented, rushed, and less effective. The **Reignite You** program ensures you get continuous, responsive support so we can work together meaningfully—no gaps, no guesswork, just focused, high-quality care.



REIGNITE YOUR JOURNEY

- **60-minute** deep-dive initial consultation.
- Lab work & bone density scan ordered if desired (often covered by your insurance).
- Clear, detailed explanation of your lab and scan results—not a “everything’s normal” brush-off.
- Personalized treatment plan (hormonal or non-hormonal) tailored to you.
- Four **30-minute** follow-up visits, one **every 6 weeks**.
- Access to me through the patient portal for questions and ongoing support.
- Time, care, and expertise you won’t get in a 10-minute insurance-based visit.
- Board-certified physician with 30 years of training and a deep menopause expertise.
- Strategies for stress, energy, brain clarity, and sexual wellness
- Curated supplement recommendations to support hormones, sleep, mood, and metabolism—no guesswork.
- Exclusive 15% discount on supplements through **Fullscript**.

REIGNITE YOUR INVESTMENT

Program Investment Options:

- One up-front payment of \$1,850, or
- Two payments of \$925, or
- \$600 for the initial consultation, followed by \$250/month for 5 months (auto-pay available)

This reflects the high level of time, access, and specialized care I provide—and allows me to keep my patient panel small, so you never feel rushed or overlooked.

What Happens After the 6-Month Program?

- Many women feel so much better by the end of the program that we can confidently transition their menopause care back to their primary care physician, with a clear treatment plan in place.
- Others—especially those still navigating perimenopause—may choose to continue working with me, since this stage often requires ongoing hormone adjustments and closer follow-up.
- Some women prefer to check in just once a year for an annual review and prescription updates—that's an option too!

Note: If testosterone is part of your long-term treatment plan, you'll need at least two appointments per year (every 6 months) to ensure safe, effective monitoring.

ONBOARDING CHECKLIST

- **Book Your First Appointment:**

 [Click here to make your initial appointment](#)

- **Complete & Sign All Required Forms:**

Complete your forms right from the confirmation page or in your own time as the system emails them to you immediately, if you do not see them please check your email spam box.

Please complete the entire medical history form and the insurance information form - **do not leave these blank.**

- **Patient Portal:**

You will receive an email invitation to the patient portal - **Elation Passport** and there is also an app you can download for your phone. The portal will provide you access to your notes, lab orders, and more. You will also be able to schedule and cancel appointments through the portal.

- **Don't Worry:**

The system will send you 3 reminders about your upcoming visit - one week, two days and one hour before your appointment. The **Zoom link** for your appointment will be included in those reminders. You can cancel your appointment via a link in those reminders.

- **Choose a Payment Option:**

I will contact you to ask you which payment option will work best.

- **Have Questions or Need Support?**

Please send any questions via the patient portal before your visit

COMMUNICATION

- **Communicating and Rescheduling Expectations**

All communication can be done through our **patient portal – ELATION PASSPORT** – appointment scheduling, medication refills, medical questions etc. Queries and refill requests will be answered by the next business day, Monday - Friday.



- **Cancellation Of Membership**

I understand a time could arise when you may need to cancel your membership. I respect your decision to cancel your membership at any time. Once you inform me of your wishes, any future scheduled payments will be cancelled.

Payments already made for that month's care **will not** be refunded and will cover any medical care, questions or refills required during that final month. Please refer to your signed patient agreement form for more details.

NEXT STEPS

As you embark on this new chapter with MHT, know that you're taking a significant step towards prioritizing your health and well-being. Remember to be patient with yourself as you navigate this journey, and don't hesitate to lean on your support system for guidance and encouragement.

Your health and happiness are worth investing in, and I'm here to support you every step of the way. Wishing you all the best on this transformative path ahead!



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