

Does Dr. Tracy prescribe hormone therapy (HRT or bHRT)?

A discussion surrounding hormone therapy, your candidacy for it, and how it could benefit you can be part of the conversation during your Lab Results Review session (your second consultation).

When Dr. Tracy prescribes hormone therapy, she always uses bio-identical hormones. These hormones may be available to you in the form of a capsule, patch, topical cream or vaginal suppository.

Do you take patients from any state?

Yes. Dr. Tracy's telemedicine practice is located in California and she is licensed in both California and Massachusetts, you do not need to be a resident of either CA or MA to work with her.

Does Dr. Tracy work with women younger than 40?

Yes, perimenopausal hormone changes (and their sneaky symptoms) can begin in your mid-late 30s and Dr. Tracy loves working with these patients, too. If you have questions about your suitability for Dr. Tracy's practice, we encourage you to Book a Complimentary Discovery Session to discuss your case with her.

Can I still be a patient of Dr. Tracy after I finish the 6 month Hormone Jumpstart program?

Yes, Dr. Tracy invited Jumpstart graduates to become members of her Wellness Club. As a Wellness Club Member, you will have constant Private Chat access to Dr. Tracy and a 60 minute session with her every 3 months to continue working towards your health & wellness goals.

Do you accept insurance?

To provide each patient the time and attention necessary to treat in a holistic and integrative manner, Dr. Tracy cannot accept insurance.

You likely will be able to use HSA or FSA funds (if you have them) to pay for goods and services.

If requested, we will provide documentation of your services and lab test orders that you may be able to submit to your insurance.

Do you provide in-person appointments?

Sorry, at this time Dr. Tracy does not offer in-person appointments.