



MENTAL CALM
PERSONAL PRIVATE PSYCHIATRY

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Concierge Membership Rates

Monthly Concierge Membership - \$325/month

- Includes your monthly 30 minute follow up session with both therapy and medication management
 - Prescriptions sent directly to your pharmacy electronically (including prescriptions for controlled substances).
 - Access to myself during 1 hour online "open office hours" scheduled at least 2 days per week
 - 50% off additional sessions
 - Collaboration with your primary care provider and/or therapist
 - Increased access via messaging and phone
 - Individualized care
 - Same day or next day appointment options
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First Month - \$550 (\$325 monthly membership + \$225 new patient set up with psychiatric evaluation)

- Additional \$225 fee on top of monthly fee for new patients signing up for concierge services. Includes:
 - Includes initial psychiatric evaluation lasting 1-2 hours.
 - Includes voucher for an additional 30 min follow up session redeemable at any time scheduled session. *Must be an active subscriber to redeem. Non-transferable.*
 - *Keep in mind that the first month subscription includes a 30 minute follow up session during your first month. I have found most patients benefit from a follow up 2-3 weeks after their initial appointment.*
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[Schedule Your Initial Evaluation](#)

Sample Concierge Appointment Schedule

First Month:

- Week 1: Initial evaluation
- Week 2: Check in during open office hours.
 - Fill out release of information form for primary care doctor and/or therapist
- Week 3: 30 minute follow up session (included follow up for 1st month of concierge membership)
- Week 4: Check in via messaging.
 - Ensure records have been obtained from primary care doctor and/or therapist

Second Month:

- Week 5: 30 minute follow up session (included follow up for 2nd month of concierge membership)
 - Review initial care plan and update care plan based on first month successes.
- Week 6: Check in during open office hours
- Week 7: 30 minute follow up session (included voucher for follow up from initial evaluation)
- Week 8: Check in during open office hours

Months 3-12:

- 30 minute follow up session (included follow up for month of concierge membership)
- Check in's as needed

Month 13:

- 1 hour follow up session (included **extended** follow up for month of concierge membership)
- Review of 1st year of treatment.
- Update of treatment care plan.

Schedule Your Initial Evaluation

I have read and agree to the pay the above rates for services rendered by Brittany Sherwood, ARNP.

Signature

Date