



APPOINTMENT OPTIONS & RATES

Locations

In-person appointments are available in **Wisconsin** and **Colorado**.

Your **first appointment must be in person**. To remain an active patient—meaning eligible for prescriptions, lab orders, treatment recommendations, and ongoing care—you must be seen **in person at least once every 12 months**.

New Patient Packages

We offer three levels of new-patient appointments. Please select your package carefully so it aligns with the **complexity of your medical history and goals for the visit**.

A **Gold Package** should only be scheduled for a **single, discrete, and straightforward concern**. Due to a full schedule, appointment lengths **cannot be extended** beyond the time included in the package selected.

All initial consultations include **one follow-up visit**, which **must be scheduled within 2 months** of your initial appointment. This policy is strictly enforced; if the follow-up is not scheduled within that timeframe, the included session is forfeited.

New Patient Packages

Package	Medical Complexity	Initial Visit Length	Follow-Up Length	Price
Gold	Single medical issue	90 minutes	25 minutes	\$1,800
Platinum	2–3 straightforward medical issues	150 minutes	50 minutes	\$2,500
Diamond	Complex medical issue(s)	210 minutes	90 minutes	\$3,000

What the appointment time includes:

The times listed above represent **face-to-face time with Dr. Bluestein** for record review, detailed medical history, physical examination, education, and initial management recommendations.

Additional provider time:

Outside the face-to-face session, Dr. Bluestein spends substantial time creating a comprehensive encounter note, reviewing outside records, and gathering additional information as needed.

Approximate total provider time investment:

- **Diamond:** 8–10 hours
- **Platinum:** 6–8 hours
- **Gold:** 4–6 hours

Follow-Up Visits for Existing Patients

Dr. Bluestein uses a comprehensive, longitudinal treatment model, and periodic follow-up visits—typically every **1–3 months**—provide the best outcomes. Patients are responsible for scheduling follow-ups at the recommended intervals.

Failure to maintain timely follow-ups may:

- Negatively affect your clinical progress
- Result in discharge from the practice at the provider's discretion

Most follow-ups are **50 minutes**.

A shorter **25-minute** option may be offered for very limited issues.

A **105-minute** appointment is recommended when multiple or complex topics need attention.

Follow-Up Visit Pricing

Face-to-Face Duration	Price
25 minutes	\$350
50 minutes	\$600
105 minutes	\$900

If You Cannot Travel for an In-Person Initial Visit

If you are unable to travel to Wisconsin or Colorado for your first appointment, you may still work with Dr. Bluestein one-on-one through **EduCoaching**. Learn more here:

<https://www.hypermobilitymd.com/educoaching>