

Menu Cost

Item	Recommended interval	Est. cost (no insurance)
Physical / Medical		
Annual wellness visit / physical exam	Once a year for most adults	\$200
Blood pressure check	At least once a year in primary care	\$25
Cholesterol / lipid panel	Every 4–6 years for low-risk adults; more often if high risk	\$150
Blood sugar / A1C test	Every 3 yrs for at-risk adults; 2+ times/yr if diabetic	\$50
Flu shot	Every year	\$50
COVID-19 booster	Once a year (current CDC guidance for adults)	\$150
Tdap booster (tetanus, diphtheria, pertussis)	Every 10 years	\$65
HPV vaccine series	One-time 2–3 dose series (teens/young adults)	\$750 (full series)
Pap smear / cervical cancer screening	Every 3 yrs (21–29); every 5 yrs with HPV co-test (30–65)	\$300
Screening mammogram	Every 1–2 yrs, ages ~40–74	\$250
Colonoscopy (screening)	Every 10 yrs, ages ~45–75 if normal	\$2,400
Basic bloodwork panel (CBC + metabolic panel)	As ordered (often annually)	\$300
STI/STD panel	As needed (risk-based)	\$250
Pregnancy test (lab)	As needed	\$40
Chest X-ray	—	\$200

Single-area X-ray (arm/leg)	—	\$150
Ultrasound (non-pregnancy)	—	\$400
MRI scan (one body area)	—	\$800
CT scan (one body area)	—	\$400
Primary care visit for new problem	—	\$200
Specialist visit (cardiology, neurology, etc.)	—	\$300
Urgent care visit	—	\$185
Emergency room visit	—	\$1,150
Ambulance transport	—	\$1,200

Dental Preventive

Routine dental exam & cleaning	Every 6 months	\$150
Bitewing X-rays (routine set)	Every 1–2 yrs	\$40
Panoramic X-ray	Every 3–5 yrs or as needed	\$130
Silver / amalgam filling (one surface)	—	\$200
Tooth-colored filling (one surface)	—	\$250
Root canal – front tooth	—	\$900
Root canal – molar	—	\$1,300
Dental crown (porcelain or PFM)	—	\$1,200
Simple tooth extraction	—	\$200
Surgical extraction (impacted tooth)	—	\$500

Single dental implant with crown	—	\$4,000
Partial denture (one arch)	—	\$1,500
Full denture (one arch)	—	\$1,800
In-office teeth whitening	—	\$600
Take-home whitening trays	—	\$300
Veneer (per tooth)	—	\$1,500
Cosmetic bonding (per tooth)	—	\$300
Traditional metal braces (2 years, full treatment)	—	\$6,000
Clear aligners / Invisalign (full case, ~2 years)	—	\$6,500
Emergency visit for severe toothache	—	\$250 (visit only)
Emergency visit broken / knocked-out tooth	—	\$400 (visit only, no repair)
Mental & Behavioral Health		
Outpatient visits		
Initial psychiatric evaluation (medication assessment)	—	\$350
60-minute individual therapy session	Weekly/bi-weekly is common	\$150
45-minute individual therapy session	Weekly/bi-weekly is common	\$140
Group therapy session	Weekly or program-based	\$60
Couples / family therapy session	As needed	\$180
Intensive Outpatient Program (per day)	Multi-day per week, several weeks	\$300 / day

Partial Hospitalization Program (per day)	5–7 days/week, several weeks	\$400 / day
Inpatient psychiatric hospitalization (per day)	As needed (acute crisis)	\$1,200 / day
Depression screening (PHQ-9)	Often annually in primary care	\$20 (screen cost itself; often bundled)
Anxiety screening (GAD-7)	Often annually in primary care	\$20 (screen cost itself; often bundled)
ADHD diagnostic evaluation (psychological testing)	Once per diagnostic workup	\$1,200
Gender-Affirming Care		
Chest binder	Replace as worn	\$50
Hormone therapy visit + labs (ongoing care, per year)	Ongoing	\$1,500 / year
Puberty blockers (per year)	Ongoing while in use	\$10,000 / year
Top surgery (chest masculinization or augmentation)	One-time surgery	\$10,000
Vaginoplasty / bottom surgery (single procedure)	One-time surgery	\$25,000