

# Your Guide to Testosterone Replacement Therapy

At Aligned Modern Health, we take a science-backed, patient-first approach to hormone therapy. By combining advanced diagnostics, expert-led care, and personalized treatments, we go beyond symptom relief to support your long-term well-being. Whether you're struggling with low energy, reduced muscle mass, or changes in mood, our functional medicine-based TRT program helps restore balance so you can feel like yourself again.



## What is TRT?

Testosterone Replacement Therapy (TRT) is a clinically guided treatment designed to restore optimal testosterone levels in men. At Aligned Modern Health, we use bioidentical testosterone, which is chemically identical to the testosterone naturally produced by the body. This ensures better compatibility and effectiveness while supporting overall hormonal balance. Proper prescription, monitoring, and adjustments are essential to achieving the best results and ensuring long-term safety.

## Who can benefit from Testosterone Replacement Therapy?

Men in their 40s, 50s, and beyond who are experiencing symptoms of age-related testosterone decline may not only find relief but also significant health benefits. If you're feeling fatigued, struggling with weight gain, noticing a drop in libido, or experiencing changes in focus and motivation, it may be time to take a proactive step toward optimizing your hormone health. While a gradual decline in testosterone is natural with aging, suffering through its effects doesn't have to be.

40% of  
Men

over the age of 45  
have low testosterone

24%  
Lower

heart disease risk with  
normal testosterone levels

70%–80%  
of Men

report better libido  
and function on TRT

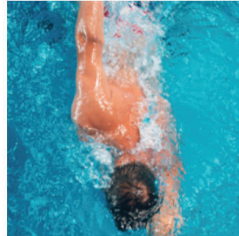
## The Aligned Modern Health Difference

We prescribe only clinically proven, FDA-approved testosterone therapies—designed to optimize hormone balance, improve performance, and support long-term health through expert-led care.



### Clinical Care Team

Our expert medical team of Medical Doctors, Nurse Practitioners, and Clinical Care Coordinators will collaborate with you to deliver impactful results.



### Comprehensive Testing

A full diagnostic panel, including bloodwork and advanced hormone analysis, to assess testosterone levels and overall hormone health.



### Personalized Treatment

A customized TRT plan tailored to your health needs, with regular follow-ups to keep your treatment safe and effective.



### Whole-Body Wellness

Expert support on nutrition, stress, sleep, and movement to enhance BHRT benefits and your overall long-term wellness.

## What are the benefits?

- Increased energy levels and reduced fatigue
- Improved muscle mass and strength to support physical performance
- Enhanced cognitive function for better focus and mental clarity
- Improved sleep quality and recovery
- Mood stabilization and reduced irritability or feelings of depression
- Support for cardiovascular health and overall metabolic function
- Increased libido and improved sexual health

*"Testosterone therapy has come a long way, moving beyond misconceptions to deliver real, science-backed benefits. Properly guided TRT can enhance energy, cognitive function, cardiovascular health, and long-term vitality. Men deserve to feel strong, sharp, and in control of their health at every stage of life."*

Dr. Delilah Renegar, DC - Medical Director

## What to Expect With Pricing

### Care Plan Philosophy

Our care plans and prescriptions are customized for you. We don't offer confusing or opaque subscription plans. All patients at Aligned Modern Health simply pay for the care they need.

### Insurance and Payment Options

While most major insurance plans don't cover all costs associated with testosterone replacement therapy, bloodwork and visits may be covered.

### Accepted Insurance

- BCBS Illinois and Aetna in Illinois
- All TRT services are FSA/HSA eligible
- More insurance options coming soon

## What to Expect With Our Clinical Care Plans



### First Year

We assess your goals, create a personalized plan, and fine-tune your hormone regimen for optimal balance and effectiveness.



### Second Year and Beyond

We maintain and refine your treatment to support long-term wellness and sustained health benefits.

## Feel better, think clearer, and reclaim your vitality—starting today

Contact your care team now to explore how TRT can transform your health. Call us at (872) 295-6875 or email us at [hormonehealth@alignedmodernhealth.com](mailto:hormonehealth@alignedmodernhealth.com).