Mindful Medical HRT

modern medicine for the menopausal transition

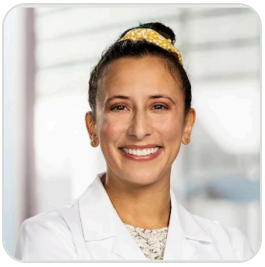
PROVIDER REFERRAL HANDOUT

PHYSICIAN-LED VIRTUAL CARE · TEXAS-WIDE VIDEO VISITS

Dedicated medical care for perimenopause, menopause, and midlife weight management.

Every patient meets one-on-one by video with Dr. Zuleikha Tyebjee, MD (“Dr. Ty”) for unrushed evaluation and individualized care.

Dr. Zuleikha Tyebjee, MD · Board-Certified Family Medicine Physician
UT Austin · McGovern Medical School · UT Health Houston Residency · Former Houston Methodist PCP · NPI 1104351493



Dr. Zuleikha Tyebjee, MD
All visits by video · No waitlists

What We Treat

- **Perimenopause & Menopause:** Hot flashes, night sweats, sleep disruption, brain fog, and symptom care starting in the mid-to-late 30s (even with regular cycles).
- **Menopause Hormone Therapy:** Estradiol (patch, pill, or cream), progesterone (pill or cream), and testosterone (gel or cream).
- **Genitourinary & Sexual Health:** Vaginal estradiol (cream/suppository), dryness, recurrent UTIs, painful intercourse, and low desire.
- **Medical Weight Management:** GLP-1 medications and alternatives (e.g., Topamax, Wellbutrin) for hormone-related weight gain.

Why Refer Here

- **Physician-Led Every Time:** Patients see Dr. Ty directly — never a sales script, mid-level handoff, or automated scoring quiz.
- **Telehealth Texas-Wide:** Video visits from home across Texas (plus 14 additional licensed states).
- **No Arbitrary Lab Hurdles:** Perimenopause and menopause are evaluated from symptoms and history. Labs are required only for testosterone (at 6–8 weeks).
- **No Memberships or Lock-Ins:** Patients pay after each visit with clear upfront pricing and zero subscriptions.

Upfront Cash-Pay Visit Pricing

Pay after each visit · No insurance required for the visit · No memberships

Menopause Hormone Therapy	Medical Weight Management	Combined HRT + Weight Care
$250 / visit	**$150** / visit	**$300** / visit

Medication and outside laboratory costs are billed separately (insurance coverage for those depends on the patient's plan). Mindful Medical receives no pharmacy or lab commissions, referral fees, or kickbacks.

How to Book Your Visit

Scan the QR code with your phone camera, visit our website to schedule online, or call our clinic team. No referral paperwork is needed.

Book online: **mindfulmedicalhrt.com/book-visit**
Provider & patient info: mindfulmedicalhrt.com/for-providers
Call or text clinic: **(832) 479-1629**

SCAN TO LEARN & BOOK
mindfulmedicalhrt.com/for-providers