aligned
MODERN HEALTH

Your Guide to Bioidentical Hormone 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 perimenopause or menopause symptoms, our functional medicine-based Bioidentical Hormone Replacement Therapy (BHRT) program helps restore balance so you can feel like yourself again.



What is BHRT?

Bioidentical Hormone Replacement Therapy (BHRT) is a specialized form of hormone therapy designed to restore hormonal balance. It supplements the body with hormones that are chemically identical to those naturally produced, which can be a safer and more effective alternative to synthetic hormones. However, it must be properly prescribed and patients must be monitored for optimal effectiveness.

Who can benefit from Bioidentical Hormone Replacement Therapy?

Women in their 40s, 50s, and beyond who are experiencing perimenopausal, menopausal or post-menopausal symptoms may not only find relief, but also significant health benefits. If you're feeling drained, irritable, or you simply no longer recognize yourself or your body, it may be time to take a proactive step to address your hormone health. Though these shifts are a natural part of aging, suffering through symptoms that disrupt your life, and happiness doesn't have to be. Like any medical treatment, BHRT comes with potential risks that depend on individual health history, hormone type, and dosage.

Only 34% of Women

feel knowledgeable about menopause

84% of Women

say their doctors don't always listen to them

1-4 Weeks

to start noticing improvements

The Aligned Modern Health Difference

We prescribe only bioidentical, compounded hormones—providing immediate symptom relief while supporting long-term health through a safe, effective, and personalized approach.



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 hormone levels and overall hormonal balance.



Personalized Treatment

A customized BHRT 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
- Enhanced cognitive function for better focus and mental clarity
- Mood stabilization and reduced irritability or feelings of depression
- Support for cardiovascular health and overall metabolic function
- Improved sleep quality and recovery
- Increased libido and improved sexual health
- Reduced frequency and severity of hot flashes

"Modern hormone therapy has evolved, breaking past outdated myths to offer life-changing benefits beyond symptom relief. Bioidentical hormone replacement therapy supports brain function, heart health, bone strength, and overall vitality as we age. Women deserve to thrive, not just cope—
I encourage every woman to explore the facts and take charge of their long-term well-being."

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 Bioidentical Hormone Replacement Therapy, bloodwork and visits may be covered.

Accepted Insurance

- BCBS Illinois and Aetna in Illinois
- All BHRT 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 BHRT can transform your health. Call us at (872) 295-5912 or email us at hormonehealth@alignedmodernhealth.com.

This handout was developed and medically reviewed by Aligned Modern Health's Functional Medicine team.