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Best Menopause Treatment in Bonita Springs: Which Clinics Re-Check You at 12 Weeks

Our Friends · Sunday, August 9th, 2026

Finding menopause care in Bonita Springs is easy — finding a clinic that actually sees you again is the hard part. In a city where more than 4 in 10 residents are over 65, follow-up is not a luxury; it is the safety net. We compared local and telehealth clinics, verified credentials, and ranked only those that publish an exact second-visit date.

How We Ranked Bonita Springs Menopause Care

One rule decided the list: if a clinic cannot tell you when the second conversation happens, it does not make the cut. Drug trials and The Menopause Society's 2022 position statement both treat a three-month visit as the first real safety and symptom check, so follow-up timing carried the heaviest weight. Credentials, safety safeguards, treatment breadth, and cost transparency broke the ties.

Which Bonita Springs Clinics Publish a Three-Month Re-Check?

Only one local provider lists a clear three-month visit, and two others bring you back sooner. The rest leave the calendar vague.

Clinic	First follow-up stated	Our badge
Crossroads Health and Wellness	Two-week email check plus three-month virtual visit	Three-month plan
RutterMD	Required 6-10 week medication review	Earlier check
DNA Wellness Institute	4-6 week lab review after pellet insertion	Earlier check
Contemporary Health Center	Cadence not disclosed in approved brief	Confirm before booking

1. Contemporary Health Center: Pellet Experience From Fort Myers to Naples

Thinking about pellet therapy and prefer a long-standing name? Contemporary Health Center has served Southwest Florida for more than 40 years and frames pellets as one option within a functional-medicine approach, according to the [Contemporary Health Center Bonita Springs](#) homepage. Board-certified OB-GYN Richard L. Bloy, MD, FACOG, leads the practice.

Female pellet insertion costs \$399-\$425, labs are billed separately, and visits are self-pay with HSA and FSA cards accepted. The approved brand brief does not name a first reassessment, so ask

whether labs are drawn at week 6, whether a symptom review happens at three months, and whether both touchpoints sit inside the quoted price.

Pellets are custom-compounded, not FDA-approved, and cannot be removed once inserted. Guidelines recommend discussing FDA-approved patches, gels, or oral options first.

2. Crossroads Health and Wellness: The Plan in Black and White

Very few clinics publish an exact follow-up roadmap. Crossroads does: a 45-minute video consult, a two-week email check-in, and a 30-minute virtual review at three months. The starter package is \$350 and covers both scheduled visits; later follow-ups cost \$150 with no membership required. Board-certified family physician Heather Doty, DO, runs the direct-primary-care telehealth practice in Florida and North Carolina, so seasonal residents keep continuity.

3. RutterMD: An Earlier Six-to-Ten-Week Check

Looking for a quicker adjustment? RutterMD schedules a mandatory video review 6-10 weeks after you start or change medication, and Leanne Rutter, MD, MSCP, adjusts the plan on the spot. The initial consult is \$325, and follow-ups are \$200, with no subscription. Care is fully telehealth, so you arrange any in-person pelvic exam locally.

4. DNA Wellness Institute: Pellets With a Four-to-Six-Week Lab Check

This Bonita Springs clinic builds its program around custom estradiol and testosterone pellets, with labs drawn at baseline and again at 4-6 weeks to confirm absorption. Prices are not published, so pin down the insertion fee, the lab bundle, and the cost of a dose-adjustment visit before you book.

What a Thorough 12-Week Check Covers

A 12-week visit is more than a calendar point; it is the first assessment used in most menopause-drug trials.

1. Is it working? Compare today's hot-flash count with your week-one diary, and note any lingering **sleep disruption**.
2. Is it safe? Discuss headaches, breast tenderness, spotting, or clot warnings. Unscheduled bleeding in someone with a uterus triggers an endometrial check, not an automatic dose change.
3. Route check. If a patch keeps peeling or a pellet dose feels too strong, switch to a gel, capsule, or local vaginal option.
4. What's next? Stable patients move to six-month reviews only after the numbers and the side-effect screen clear.

Conclusion

Treat the intake call like a mini-interview. A clinic that names an exact first-follow-up date is telling you it plans to manage your care, not merely start it.

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