

Cash prices below are for a 30-day supply of medication per prescription. There may be some additional savings when prescribed for a 90 day supply. Our prescription partner is [Shaver Pharmacy](#).

How Do I get Signed-Up?

Before you can be scheduled in our office there are two registration steps you will need to complete.

Step 1 Fill out Online Registration

Step 2 Fill out Online Intake History.

Please do not leave any blanks. If it does not apply to you, write none in the space provided.

You can access these two registration forms on our website:
www.lifechangeassociates.net

You can also follow the website link provided on our Facebook page.

Once you have filled out your general demographic and health history forms our office manager will contact you at the phone number you provided to discuss the membership and payment details.

\$5-\$10

Citalopram
Fluoxetine
Paroxetine
Sertraline
Mirtazapine
Nortriptyline
Escitalopram
Risperidone
Clonidine
Olanzapine
Alprazolam
Clonazepam
Lorazepam
Trazodone
Lamotrigine
Lithium
Quetiapine
Buspirone
\$10-\$15
Venlafaxine
Eszopiclone
Temazepam

Bupropion
Gabapentin
Propranolol
\$15-\$20
Oxcarbazepine
Haloperidol
Divalproex
Aripiprazole
Zolpidem

\$20-\$30

Methylphenidate HCl
Hydroxyzine
Fluvoxamine
Carbamazepine
Guanfacine
\$30-\$50
Amphetamine-Dextro
Naltrexone
Desvenlafaxine ER
Ziprasidone
Doxepin

Life Change Associates

Live better. Do more. We can help.

Life Change Associates Membership Services

At Life Change Associates we are committed to providing expert and effective mental health services in Southeast Idaho.

2520 S 5th Ave

Pocatello, ID 83204

Phone: 208.233.5433

Fax: 877.284.2783

What Does the Membership Cover?

- Initial psychiatric evaluation
- 25-minute medication management visits
- 50-minute psychotherapy sessions
- Group therapy and skills training

All services are being offered at our Pocatello office location.

Our medical providers include:

- Dr. Deric Ravsten, DO, Psychiatrist
- Stephanie Clark, PMHNP
- Karl Letko, PA-C
- Kebai Bills, PA-C

Therapists:

- Dr. Steve Ater, Psy-D
- Kristy Christensen, LCSW



A Membership Plan Customized to Fit Your Outpatient Mental Health Needs.

- This is NOT health insurance but a membership plan designed to meet the mental health needs for those without insurance coverage.
- Reduced costs are realized for all aspects of outpatient mental health services such as: psychotherapy, medication management, laboratory & medical tests, and prescriptions.
- Telepsychiatry visits are available in certain circumstances.

➤ Individual Therapies: Our therapists use evidence-based therapies including CBT, Interpersonal & Interpersonal Reconstructive Therapy, ACT and Motivational Interviewing.

- ACT Group Skills Training
You will learn skills to more effectively handle painful thoughts and feelings while also clarifying what is truly important to you and how to pursue the life you want to have.
- The System Group Therapy
See yourself as valuable and deserving of good things. Recognize toxic relationships and repair them or avoid them. Create a stronger sense of meaning and purpose in your life. Let go of excessive need to seek others' approval.

LET'S TALK NUMBERS

- Each membership will have an annual fee of \$100.00 (effective for 1 year from the time of payment).
- Once membership has been created the following service charges apply and are paid in full 24 hours in advance of the confirmed treatment visit.
- Initial psychiatric Evaluation - \$95
- 25-minute med management visit: \$95
- 50-minute psychotherapy: \$95.00
- Group Therapy sessions: \$95 for 3 groups OR \$150 for 6 groups sessions (for example, \$150 covers the 6 groups of Basics of ACT)

Lab Costs

Lab orders that may be necessary as part of medication management services:

CBC	\$16.00
Valproic Acid Level	\$28.00
LFT's	\$17.00
CMP	\$30.00
Lithium Level	\$14.00
BMP	\$23.00
TSH	\$29.00
Carbamazepine level	\$31.00
B12 Level	\$31.00
Folate Level	\$31.00
Fasting Lipid Profile	\$24.00
Fasting Glucose	\$12.00
Vitamin D Level	\$61.00
12 Lead ECG	\$75.00