

ABOUT HELEN

Helen is a Doctor of Nursing Practice and board-certified Family Nurse Practitioner. She has worked in health care for more than 18 years. She has cared for her patients in primary care, emergency medicine, outpatient surgery, solid organ transplantation, and pain management settings with 8 years of her experience acquired at the Mayo Clinic Hospital (Phoenix Campus).

Helen graduated with Honors, obtaining her Bachelor of Science in Nursing, Master of Science in Nursing/Family Nurse Practitioner, and Doctorate in Nursing from Grand Canyon University.

Accepting New Patients

Phone: 928-277-0593

Fax: 888-498-3744

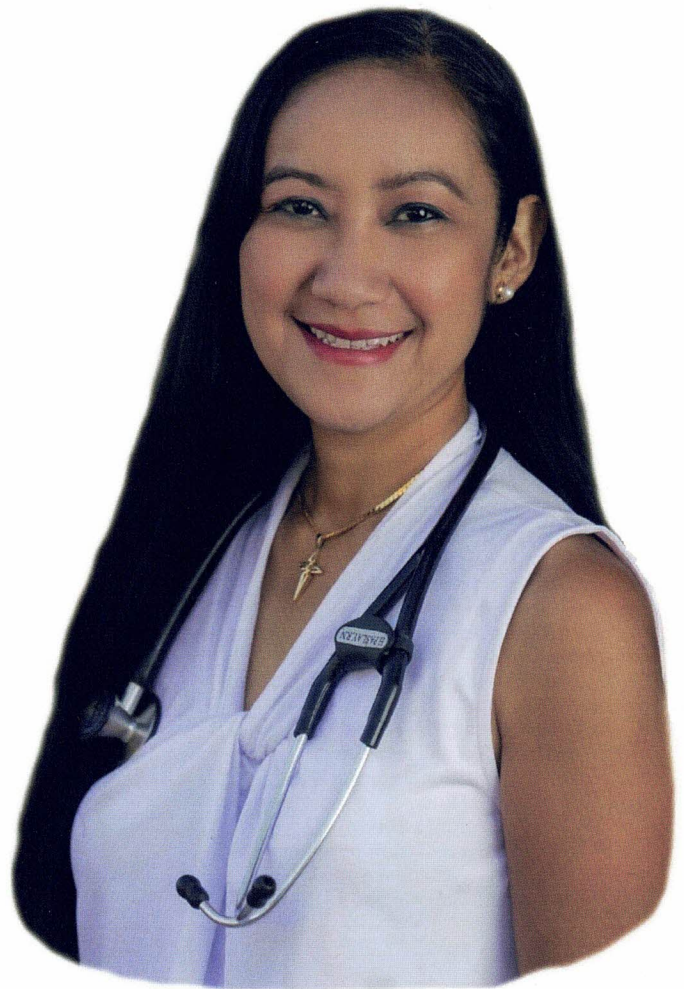
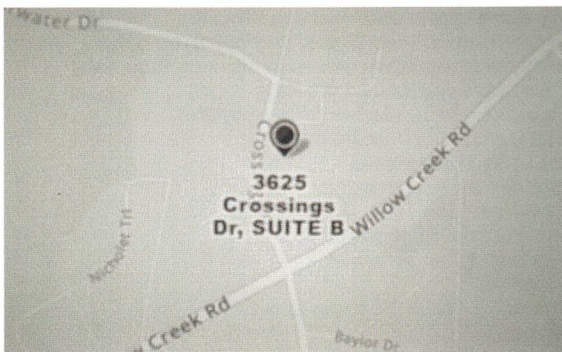
office@paslayhealthcare.com

3625 Crossings Dr., Suite B

Prescott, Arizona 86305

HOURS OF OPERATION

Day	Hours
Monday	8:00 - 12:00 1:00 - 5:00
Tuesday	8:00 - 12:00 1:00 - 5:00
Wednesday	8:00 - 12:00 1:00 - 5:00
Thursday	8:00 - 12:00 1:00 - 5:00
Friday	8:00 - 12:00 1:00 - 5:00
Saturday	Closed
Sunday	Closed



ACCEPTED INSURANCE

Medicare, AARP Advantage, Health Choice, Blue Cross Blue Shield, Aetna, Cigna, UHC, Devoted, Equality & Summit. We are always credentialing with other payers & new insurance is added often so please call to inquire.

SELF-PAY MENU

Examination new patient \$90

Examination established visit \$50

Plus (not all inclusive):

Illnesses & infections- \$50-\$150
Injuries & pain \$50-\$150
Back pain evaluation \$50-\$150
Bug bites & stings \$50-\$150
Irritable bowel syndrome (IBS) evaluation \$50-\$150
Minor burns \$50-\$150
Minor cuts, blisters & wounds \$50-\$150
Pelvic pain evaluation \$50-\$150
Skin abscess treatment \$150-\$250
Splinter removal \$50-\$150
Sprains, strains & joint pain \$50-\$150
Suture & staple removal \$50-\$150
Swollen veins & leg pain treatment \$50-\$150
Testicular pain evaluation \$50-\$150
Tick bites \$50-\$150
Skin, hair & nails \$50-\$150
Acne \$50-\$150
Athlete's foot \$50-\$150
Chicken pox \$50-\$150
Cold, canker & mouth sores \$50-\$150
Hair loss \$50-\$150
Impetigo \$50-\$150
Lice \$50-\$150
Minor psoriasis \$50-\$150
Nail infection treatment \$50-\$150
Poison ivy & poison oak \$50-\$150
Rash, skin irritation & dermatitis \$50-\$150
Ringworm \$50-\$150
Rosacea \$50-\$150
Scabies \$50-\$150
Shingles \$50-\$150
Skin tag removal \$99
Sunburn \$50-\$150
Swimmer's itch \$50-\$150
Wart evaluation \$50-\$150
Tests, screenings & physical \$50-\$150
Annual wellness exam \$90
General medical exams (excludes annual physicals) \$90
Camp physicals \$90
COVID-19 antibody testing and treatment \$90
Sports physicals \$50
Ear wax removal \$50 (1side)-\$100 (both ears)
Epinephrine injection pen refills \$90
Food sensitivity/nutritional consult \$90
Hepatitis B screening \$90
Hepatitis C test screenings \$90
Start to Stop smoking cessation program \$50-\$150
Smoking cessation assessment \$90
Smoking cessation follow-up \$50 each visit

TB testing include TB test placement (first visit) \$90

TB test reading \$50

Annual TB risk assessment \$90

Titers & immunity testing \$90-\$150

Weight loss assessment \$90

Weight loss follow-up & coaching \$50 each visit

Chronic conditions \$50-\$150

Arthritis evaluation \$50-\$150

Asthma monitoring and treatment \$50-\$150

Cholesterol screenings and treatment \$50-\$150

CHF monitoring and treatment \$50-\$150

COPD monitoring and treatment \$50-\$150

Diabetes screenings and treatment (glucose) \$50-\$150

Diabetic peripheral neuropathy \$50-\$150

Fatigue evaluation \$50-\$150

High blood pressure monitoring and treatment \$50-\$150

High cholesterol monitoring and treatment \$50-\$150

Hyperthyroidism, Hypothyroidism \$50-\$150

Osteoporosis \$50-\$150

Parathyroid disorder screening \$50-\$150

Post-stroke or post-TIA care \$50-\$150

Vaccinations & injections:

Birth control, (oral meds only) \$90

Flu vaccine \$50

Pneumonia: Pneumovax®23 \$130, Prevnar 13® \$190

Post vaccination side effects \$50-\$150

Shingles Vaccine \$150

Tdap (tetanus, diphtheria, pertussis) \$90

Vitamin B12 injections from \$25

Dexamethasone 10mg IM

Kenalog injections 80mg IM \$50

Ketorolac injections 60mg IM \$50

Testosterone IM injection \$50

Travel health:

Motion sickness \$90

Traveler's diarrhea \$50-\$150

Men's & women's services:

Chlamydia & other STI treatment \$50-\$150

Irregular periods evaluation \$50-\$150

Menopause treatment \$50-\$150

PMDD (premenstrual dysmorphic disorder) \$50-\$150

PMS (premenstrual syndrome) \$50-\$150

Pregnancy evaluation \$50-\$150

Urinary tract & bladder infections \$50-\$150

Yeast infections \$50-\$150

Pain Procedures:

Trigger Point injections >3 muscle groups \$150

Shoulder/knee joint steroid injection \$100-\$175

Greater trochanteric bursa steroid injection \$100-\$175

Olecranon bursa aspiration or steroid injection \$100-\$175

Knee Viscosupplementation \$100-\$175

Botox injections for headaches (please inquire)

PRP joint injection (please inquire)

Weight Loss Management

Semaglutide with B12 from \$50

Mounjaro from \$100

Phentermine from \$1.50 per tablet

Contrave from \$3.50 per tablet

MIC from \$50

Phendimetrazine from \$2.50 per tablet

IV Therapy

From \$150