Trans-Affirming Healthcare Providers in Mid-Missouri

Information collected by The Center Project
thecenterproject.org

The healthcare providers and other transition-related services on this list were recommended by
a) transgender and non-binary members of our community OR
b) the parents of transgender and non-binary youth, OR
c) other healthcare providers who had been recommended by trans and non-binary community members.

You can reach us at health@thecenterproject.org if:

You need more help finding trans-affirming care in our community

You are a trans or non-binary person in mid-MO who would like to recommend a healthcare provider or other service

You are a healthcare provider who needs to update your information in this document

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Resources for Adults with Medicaid

As of August 28th, 2023, Medicaid in Missouri will no longer cover gender-affirming care. Here are some resources for adults struggling to pay for gender-affirming care. This document will be updated as we learn about resources.

If you already have a prescribing clinician, talk to them about your concerns and options. The implementation of this law and the resources available are a complicated moving target. Your clinician should be able to talk with you about the most affordable formulation and pharmacy for your particular type of hormone(s).

If you are aware of other resources, please email us at health@thecenterproject.org so we can update this document.

Grants for funding transition:

Trans in the South has compiled a list of grants to fund transition (living in the South is not an eligibility requirement):
https://southernequality.org/resources/transinthesouth/funding-your-transition/

The Center Project's Emergency Fund can potentially provide up to $500. Application here.

Reducing Cost of HRT Medications:

MedZou typically covers the first $50 of prescription costs for patients (can be layered with GoodRx discounts). See more info about MedZou here.

NextRx: A local pharmacy that doesn't go through insurance and often has medications available for lower cost. You can call them to ask about the cost of your specific medication (they also plan to have a tool online soon where you can get this information). They do take Medicaid, if you want to use insurance for other medications.
Call: 573-993-3734
Online contact form: https://www.nextrx.com/contact/

GoodRx: This website and app offer coupons for discounts on medications. The cost of the same medication can vary substantially between pharmacies, and can change month-to-month. GoodRx coupons are not accepted at MU pharmacies or most locally-owned pharmacies.
https://www.goodrx.com/

Resources for Minors

As of August 28th, 2023, minors (anyone under age 18) cannot be prescribed or administered gender-affirming puberty blocking medication, hormone therapies, or surgeries per Missouri law. There is a legal case pending that will determine if this law stands. Although the law allows for minors who are already receiving gender-affirming hormones or puberty blockers to continue receiving that treatment, MU Health Care has made the decision to stop prescribing gender-affirming hormone therapy or puberty blocking medications to minors, even for patients who had already established that care.

If this ban applies to you or your child and you already have an established relationship with a doctor, your first step is to reach out to your doctor to discuss their plan for ongoing care.

We are collecting resources here for minors who are affected by this Missouri law. If you are aware of other resources, please email us at health@thecenterproject.org so we can update this document.

Minors who were already prescribed gender-affirming medications before August 28th can continue care at these locations:

- Children's Mercy in Kansas City:
  913-696-5880
  https://www.childrensmercy.org/departments-and-clinics/gender-pathway-services/
  Patients will need to provide a mental health letter of support to get started with services at Children's Mercy
- Planned Parenthood of St. Louis and Southwest Missouri (for patients age 16 or 17)
  Telehealth appointments available
  314-531-7526
  https://www.plannedparenthood.org/planned-parenthood-st-louis-region-southwest-missouri/patients/our-services/transgender-care

Minors who need gender-affirming medications and were not prescribed them before August 28th will need to receive care out-of-state:

- Planned Parenthood in Fairview Heights, Illinois (for patients age 16 or 17)
  618-277-6668
  https://www.plannedparenthood.org/health-center/illinois/fairview-heights/62208/fairview-heights-health-center-2712-90770/transgender-hormone-therapy

Resources to offset the costs of healthcare:

The Center Project's Emergency Fund can potentially provide up to $500. Application here.

The Southern Trans Youth Emergency Project provides resources and support to the families of youth who are affected by anti-transgender healthcare bans. They offer one-time $500 grants and referral services. Complete the contact form on their website to get connected with their resources.

Reducing Cost of HRT Medications:

NextRx: A local pharmacy that doesn't go through insurance and often has medications available for lower cost. You can call them to ask about the cost of your specific medication (they also plan to have a tool online soon where you can get this information). They do take Medicaid, if you want to use insurance for other medications.
Call: 573-993-3734
Online contact form: https://www.nextrx.com/contact/

GoodRx: This website and app offer coupons for discounts on medications. The cost of the same medication can vary substantially between pharmacies, and can change month-to-month. GoodRx coupons are not accepted at MU pharmacies or most locally-owned pharmacies.
https://www.goodrx.com/

Primary Care & Hormone Therapy

All providers/clinics are in-network with most insurances
**indicates that they prescribe gender-affirming hormone therapy

Please note that no local providers are currently prescribing hormone therapy to minors under the age of 18 due to Missouri law. If you are looking for gender-affirming care for a minor, please see the section on Resources for Minors.

Amy Braddock, MD she/her 551 E Southampton Drive Columbia, MO 65203 573-884-7733	Patients: all ages https://www.muhealth.org/doctors/amy-braddock-md

Abigail Emerson, MD** she/her 1000 W. Nifong, Bldg. 3, Suite 130 Columbia, MO 65203 573-884-2356	Patients: all ages Not always accepting patients, but supervises medical residents who she states enjoy providing preventative care to diverse patients. https://www.muhealth.org/locations/woodrail-internal-medicine-and-pediatrics-clinic

Krystal Foster, MD** she/her 551 E Southampton Drive Columbia, MO 65203 573-884-7733	Patients: all ages Offers prenatal/OB care https://www.muhealth.org/locations/family-medicine-south-providence

Michael Gardner, MD** he/him Endocrinology MU Pediatric and Adolescent Specialty Clinic 404 N. Keene St., Columbia, MO 65201 573-882-6921	Patients: children, adolescents, and young adults Patients are required to have a primary care provider as well. Dr. Gardner can refer to one that is compatible with your needs if you do not have one at the initial appointment.

Bridget Gruender, MD** she/her Liberty Medical Group 2614 Forum Blvd, Suite 100 Columbia, MO 65203 573-445-5366	Patients: all ages (would refer to endocrinology for HRT/blockers for minors) Insurance/fees: for uninsured patients, there is a monthly membership fee based on age; also have in-house pharmacy with discounts available for medications

Even when she isn't accepting new patients, she will accept patients seeking HRT. Just call and ask to leave her a message.	Also works with most insurances https://libertyfamilymed.com/

Melissa Lawson, MD she/her MU Pediatric and Adolescent Specialty Clinic 404 N. Keene St., Columbia, MO 65201 573-882-6921	Patients: Adolescents Does not prescribe puberty blockers/HRT, but refers to endocrinologist in same clinic

Candy Lincoln, MD, IBCLC** she/her MU Health Care Family Medicine - Smiley Lane 2325 Smiley Ln Columbia MO 65202 573-884-8980	Patients: All ages and genders https://www.muhealth.org/doctors/candy-lincoln-md

Natalie Long, MD** she/her 305 N. Keene St., Suite 203 Columbia, MO 65201 573-882-8000	Patients: all ages https://www.muhealth.org/doctors/natalie-long-md

Ashley Milham, MD** Spectrum Health Care 3890 Rangeline Street, Ste 101, Columbia, MO 65202 573-514-7312	Patients: all ages https://spectrumhealthcare.org/

MU Student Health Center** 1020 Hitt Street Columbia, MO 65211 573-882-7481	Patients: MU students https://studenthealth.missouri.edu/

Heather Pierce, MD** she/her 110 N Hospital Dr Fulton, MO 65251 573-642-5911	Patients: all ages https://www.muhealth.org/doctors/heather-pierce-md

Jennifer Polniak, PA she/her 305 N. Keene St., Suite 203 Columbia, MO 65201 573-882-8000	Patients: adults and adolescents https://www.muhealth.org/doctors/jennifer-polniak-pa

Veronica Sievert, MD** she/her 305 N. Keene St., Suite 203 Columbia, MO 65201 573-882-8000	Patients: all ages https://www.muhealth.org/doctors/veronica-sievert-md

Erica Small, PA** she/her 2613 Fairway Dr, Suite C Fulton, MO 65251 573-642-1990	Patients: all ages https://www.muhealth.org/doctors/erica-small-pa

South Providence Family Medicine Hormone Clinic ** (multiple providers, provider rotates depending on the day, all providers in this clinic provide gender-affirming hormone care) 551 Veterans United Dr Columbia, MO 65201 573-884-7733 *This number schedules for multiple locations. When you call, request to schedule with the South Providence Hormone Clinic	Patients: all ages

Amanda Swenson, MD** she/her 551 East Southampton Drive Columbia, MO 65201 573-884-7733	Patients: all ages If you call and the waitlist is too long, ask to have a message sent to Dr. Swenson and she will get you in sooner

Aneesh Tosh, MD he/him MU Pediatric and Adolescent Specialty Clinic 404 N. Keene St. Suite 101 Columbia, MO 65201 573-882-6921	Patients: Adolescents Services: Primary care and behavioral health https://www.muhealth.org/doctors/aneesh-tosh-md Does not prescribe puberty blockers/HRT, but refers to endocrinologist in same clinic

Michael Ulen, MD** he/him 7115 E St Charles Rd Columbia, MO 65202 573-884-6851	Patients: all ages https://www.muhealth.org/doctors/michael-ulen-md

Community Medical Clinics (good option if you don't have insurance)

**indicates that they prescribe gender-affirming hormone therapy

Columbia/Boone County Department of Public Health and Human Services 1005 W. Worley Columbia, MO 65203 573-874-7356 https://www.como.gov/health/clinical-services	Patients: adults and adolescents Services: contraception for anyone with a uterus, STD testing Fees: Many free services are provided. A fee schedule can be found on the website.

MedZou** MU Family Impact Center 105 E Ash St, Suite 200 Columbia, MO 65203 573-356-2499 https://medicine.missouri.edu/offices-programs/education/medzou-community-health-clinic	Patients: adults and adolescents Services: primary care, psychiatric consultation, HIV testing, smoking cessation, case management for chronic diseases Fees: all services are free, including free medication available. To access services, patients must be uninsured and cannot qualify for Medicare/Medicaid. If a patient is insured but their insurance doesn't cover hormone therapy, MedZou may be able to work with you. Primary care clinic is Thursdays from 5-9pm Gender affirming clinic is once a month on Monday evenings – not always the same Monday. Call for dates.

Planned Parenthood** 711 N Providence Rd Columbia, MO 65203 573-875-4177 ppgreatplains.org	Patients: anyone of reproductive age or older Services: Birth control, HIV testing, testing and treatment for other STIs, pregnancy tests Fees: Uninsured patients can receive many free services. *Financial support not available for HRT, PrEP, or PEP* ppgreatplains.org

Spectrum Health Care** 3890 Rangeline Street, Ste 101, Columbia, MO 65202 573-514-7312	Patients: all ages https://spectrumhealthcare.org/

Mental Health: Therapy

**indicates that they provide assessment and letter of referral for gender-affirming surgeries. All therapists with ** by their name offer assessment/letters to ongoing clients. Availability to offer one-time assessment/letters to non-clients may vary depending on whether therapists have openings in their schedules.

Many therapists have full caseloads and waitlists. If you call and there is a waitlist, it's worth it to put your name on the waitlist(s).

Karmen Bennett, MEd, LPC** she/her 201 W Broadway, Building 2, Suite F Columbia, MO 65203 573-214-0436 www.loacounselingandcoaching.com	Works with children, adolescents, and adults Specialties: childhood trauma, PTSD, anxiety, gender dysphoria in children and adolescents Insurance/fees: In-network with most major insurances
Rey Byrne, LMFT they/them 9621 Olive Blvd, St. Louis, MO 63132 314-455-6799 Rootsandrosestherapy.com	Works with adults, children, and families Insurance/fees: Private pay (no insurance) on a sliding scale from $75-150 Telehealth available
Kimberly Conde, PhD** she/her 5529B Osage Beach Parkway Osage Beach, MO 65020 573-693-9090	Works with adults 18+ Insurance/fees: Cigna, Medicare, Medicaid, United Healthcare, Anthem/Blue Cross Blue Shield, Home State Health (soon will accept Aetna and HealthLink PPO) Telehealth available
Kurt DeBord, PhD** he/him 2100 East Broadway, Suite 217B Columbia, MO 65201 573-881-5878	Works with adults Insurance/fees: United and Anthem
Ozzie Dinwiddie, MSW he/him 302 Campusview Dr. Ste. 201 Columbia, MO 65201 573-328-2288 aspirecounselingmo.com	Works with adults and adolescents 15+ Insurance/fees: Private pay (no insurance) *Member of the LGBTQ community: gay trans man*

Kelsey Esser, MSW, LCSW she/her 2012 Cherry Hill Drive Suite 202D Columbia, MO 65203 660-621-5391 info@thecurrenttherapyservices.com www.thecurrenttherapyservices.com	Works with adults Specialty: eating disorders Insurance/fees: United
Ada Gallup, MEd, LPC she/her 1900 North Providence, Suite 327 Columbia, MO 65202 573-239-6642	Works with adults, children, families, and couples Insurance/fees: Private pay (no insurance)
Allison Hoke, MS they/them 2012 Cherry Hill Drive, Suite 102B Columbia, MO 65203 573-891-1330 www.marriageandfamilycenter.com	Works with adults, teens, families, and people in relationships. Insurance/fees: private pay (superbill can be provided for insurance reimbursement) Specialities: 2SLGBTQIA+ issues, relationships, sexual issues and wellness, trauma recovery, attachment, and boundaries.
Kelly Jackson she/her 2401 Bernadette Drive, Suite 206 Columbia, MO 65203 573-289-0792	Works with adults, adolescents, and children age 9+ Insurance/fees: In-network with most major insurances
Jaxon Kobey, MSW, LCSW** he/him 2100 E Broadway Ste 102 Columbia, MO 65201 573-639-8335 https://www.centeredwithincounseling.com/	Works with adults and teens age 13+ Insurance/fees: Private pay (no insurance) on a sliding scale that typically ranges from $60-$120
Elizabeth L Miller, LPC she/her 3317 Appalachian Dr Columbia, MO 65203 573-673-1758 https://www.psychologytoday.com/us/therapists/leigh-miller-counseling-columbia-mo/456052	Works with adults, families, and couples Insurance/fees: In-network with most major insurances

Chandra Mossine, M.Ed., PLPC she/her 2012 Cherry Hill Dr #102b Columbia, MO 65203 573-410-4383 www.marriageandfamilycenter.com	Works with adults, children, and couples Insurance/fees: Healthy Blue (Medicaid) or private pay, with sliding scale available

MU Counseling Center** Strickland Hall, 4th Floor Columbia, MO 65211 573-882-6601	Work with MU students Offers LGBTQ Support Group Insurance/fees: Services covered by student fees. No additional charge counseling.missouri.edu

Shelby Pride LPC, NCC she/her Strong Heart Counseling 2401 Bernadette Drive Suite 205 Columbia, MO 65203 (573) 969-3827	Works with adults, teens, families, and couples Insurance/fees: Private pay (no insurance)

Nicholas Nack, LPC** he/him 201 W Broadway Building 2, Suite C Columbia, MO 65203 660-473-8214 https://www.clacounseling.com/team/nick-nack	Works with adults and teens. Specialties are Trauma - EMDR, Flash, LGBTQIA+, OCD - ERP, anxiety, grief. Insurance/fees: Cigna, Aetna, Medicaid, United Healthcare; $100 if paying out of pocket *Member of the LGBTQ community: pansexual trans man*

Bethany Nunnelly, MEd. LPC sher/her 601 West Nifong, Suite 1D 573-228-6702 imfcounseling.com	Works with adults, teens, and couples Insurance/fees: Private pay (no insurance).

Joshua Parmenter, PhD** they/he joshuaparmenterphd@gmail.comhttps://ww	Works with adults and adolescents In addition to therapy, offers testing for ADHD and learning disabilities Insurance/fees: Private pay (no insurance)

All appointments are virtual/telehealth w.psychologytoday.com/us/therapists/joshua-parmenter-columbia-mo/1204692	*Member of the LGBTQ community: queer, nonbinary*

Madison "Max" Phillips, LCSW** He/they (417) 689-2565 Telehealth only	Works with adults Specializes in treating trauma (sexual, religious, LGBTQ systemic, and attachment trauma). Trained in EMDR. Insurance/fees: Private pay only (no insurance) *Member of the LGBTQ community: bisexual, polyamorous trans man*

Psychological Services Clinic** 211 S. 8th Street, Columbia, MO 573-882-4677 To request services for an adult: https://showmeportal.missouri.edu/redcap/surveys/?s=F33F7XE4J4 To request services for a minor: https://showmeportal.missouri.edu/redcap/surveys/?s=R9T8LLN3WD	Works with all ages Offers couples and group therapy Insurance/fees: In-network with most insurances; sliding scale fees available based on income https://psychology.missouri.edu/psychological-services-clinic

Kittie Rogers, LCSW** she/her 2100 East Broadway Ste 217B Columbia, MO 65201 573-529-0732 www.kittierogers.com	Works with adults, young adults, families, and couples Insurance/fees: In-network with most insurance, sliding scale options available

Jennah Strathausen, PhD** she/her 201 W. Broadway, Suite 2D Columbia, MO 65203 573-446-5034	Works with adults and teens Insurance/fees: United, Anthem BCBS, Medicare

David Tager, PhD** he/him 201 W. Broadway, Suite 2D Columbia, MO 65203 573-268-546	Works with adults Insurance/fees: United

davidtager.com	

The Counseling Hub** 2804 Forum Blvd, Ste 4 Columbia, MO 65203 573-586-3204 thecounselinghub.com	Work with adults, including relationship therapy (couples and other relationship configuration) Insurance/fees: Anthem/BCBS, United. Sliding scale fees available.

The Oak Center for DBT & Counseling Services** 19 E Walnut, Ste D Columbia, MO 65203 573-442-7232	Work with adults and adolescents Insurance/fees: Varies by provider. In-network with most major insurances theoakcenter.com

Mental Health: Psychiatry

**indicates that they provide assessment and letter of referral for gender-affirming surgeries or hormone therapy (although most doctors in Columbia don't require letters for hormone therapy)

Stephanie Bagby-Stone, MD, DFAPA, CEDS-S she/her 2012 Cherry Hill Drive, Suite 202 C Columbia, MO 65203 573-363-4160	Works with adolescents and adults Specialty: Eating disorders treatment Insurance/fees: Private pay (no insurance) https://stephaniebagbystonemd.com/

Andrea Earlywine, APRN-BC** she/her Mind Body Whole Integrative Psychiatry Andrea.mindbodywholenp@gmail.com All appointments are virtual/telehealth	Works with adults and adolescents age 15+, Insurance/fees: Out of network, can provide a superbill www.mindbodywholenp.com To self-schedule: https://andreaearlywine.clientsecure.me

Jessica Nittler, MD she/her 2100 Forum Blvd, Suite C-2 Columbia, MO 65203 573-447-7456	Works with children, teens, and adults Insurance/fees: Private pay (no insurance) www.comopsych.com

Therapy Groups & Support Groups

LGBTQ Support Group Tuesdays, 11am-12:30pm (in person) MU Counseling Center Strickland Hall, 4th Floor Columbia, MO 65211 573-882-6601	Group for MU students Insurance/fees: Services covered by student fees. No additional charge. Call to set up a brief screening

Trans and Gender Non-Conforming Support Group Jaxon Kobey, LCSW & Nick Nack, PLPC Heartspace Clinic 201 W Broadway, Building 2 Columbia, MO 65203 573-214-0436	This is a 6-week group Insurance/fees: Pay what you are able Email to the join the group. You'll be put on a waitlist until the next group starts.

heartspaceclinic como@gmail.com	

Mental Health: Helpline & Crisis Lines

SQSH: St. Louis Queer+ Support Helpline Operates Friday through Monday, 1-7pm	Call 314-380-7774 Offers peer support -- in a mental health crisis situation, they will redirect caller to a crisis line https://www.thesqsh.org/

The Trevor Project Operates 24/7 Crisis support for LGBTQ youth (but will take calls from anyone)	Call 866-488-7386 Text START to 678-678 Chat: https://www.thetrevorproject.org/

Trans Lifeline Run by and for trans people Operates 4pm to midnight, 7 days a week	Call 877-565-8860 Translifeline.org

Surgery

Carol Ann Aylward, MD 2101 Charlotte, Suite 110 Kansas City, MO 64108 816-876-2919	Patients: adults Gender affirming top surgery (FTM mastectomy with nipple reconstruction, MTF breast augmentation) Insurance/fees: Will submit for preauthorization. Additional lipo is required for FTM top surgery and is not usually covered by insurance. Cost for lipo is typically $1372.50. Typical cost of FTM without insurance coverage is about $10,500. Typical cost of MTF without insurance is about $6-7,000 depending on implants. Note: Must have BMI of 32 or less, cannot be using tobacco https://www.trumed.org/services/plastic-and-reconstructive-surgery/top-surgery/

Spencer Eagan, MD he/him 14340 Metcalf Ave Overland Park, KS 66223 913-914-5975	Patients: adults and children FTM Mastectomy (top surgery): specializing in a drainless technique MTF Breast Augmentation MTF Orchiectomy (testicle removal) If paying out of pocket, $1500 deposit required (goes toward cost of surgery); payment plan is availble Note: Must have BMI of 32 or less, cannot be using tobacco www.ascentistplasticsurgery.com

Kirby Woodall, MD she/her 2325 Smiley Lane Columbia, MO 65202 573-817-3535	Patients: adults and adolescents Gender-affirming hysterectomy (also provides routine gynecologic care including pap smear, STI screening, birth control) Insurance/Fees: Accepts most major insurances Note: You can expedite your surgical scheduling by having letters from 2 health professionals to bring to my office supporting your gender-affirming surgery. This is required by most insurances to get approval. https://www.muhealth.org/locations/missouri-obgyn-associates-smiley-lane

Voice Therapy

Anne Baker CCC-SLP she/her A Care Above Therapy Columbia, MO (home visits available), Missouri (virtual teletherapy), Maryland, D.C., Virginia 301-518-7998 Anne@acareabovetherapy.com	Patients: Adults and children Insurance/fees: Free consultations, we provide a superbill each month, we offer sliding scale We provide virtual teletherapy across the state of Missouri, and can provide home visits in Columbia and surrounding areas. https://www.acareabovetherapy.com/
Laura Powell M.S., CCC-SLP she/her 4200 Merchant Street Ste 103 Columbia, MO 65203 573-777-8783	Patients: Adults and children Insurance/fees: Income-based financial assistance available www.therapyu.org
MU Speech and Hearing Clinic 301 Lewis Hall, 701 S. 5th Street Columbia, MO 65211 573-882-4082	Patients: Adults and adolescents Insurance/fees: Cost is much less than private clinics or hospitals because they are a training program. Financial assistance is available if can't afford regular fee. https://healthprofessions.missouri.edu/speech-language-and-hearing-sciences/clinics-and-service/mu-speech-and-hearing-clinic/
Robin Boyd, M.S., CCC-SLP they/she Prismatic Speech Services 314-285-7733 robin@prismaticspeech.com Transgender-owned private practice with a specialization in long-distance trans vocal training.	Patients: Adults, teens, children Insurance/fees: https://prismaticspeech.com/services/pricing-costs-insurance/ Micro-grant and scholarship funds are available for those who qualify. Free consults are also available.
Mary Salazar CCC-SLP she/her Mizzou Therapy Services 315 Business Loop 70 West Columbia, MO 65203 573-884-2642	Patients: Adults and children Insurance/fees: Will verify insurance prior to appointment

Gynecology

Kirby Woodall, MD she/her 2325 Smiley Lane Columbia, MO 65202 573-817-3535	Patients: adults and adolescents Gender-affirming gynecologic care, including routine gynecologic care (Pap smears, STI Screening, contraception) and gender-affirming hysterectomy Insurance/Fees: Accepts most major insurances Note: For gender-affirming surgery, you can expedite your surgical scheduling by having letters from 2 health professionals to bring to my office supporting your gender-affirming surgery. This is required by most insurances to get approval. https://www.muhealth.org/locations/missouri-obgyn-associates-smiley-lane

Physical Therapy

All providers are in-network with most insurances

Mizzou Therapy Services 4 locations: 7311 E. St. Charles Road and 4040 Rangeline Street in Columbia, MO 573-884-1587 405 S Main St, Suite A in Ashland, MO 573-657-2241 1420 W Ashley Rd in Boonville, MO 660-882-3420	Patients: all ages Specialties: pelvic health physical therapy including pre- and post- top and bottom surgery, pelvic pain, sexual function issues, incontinence, pregnancy/postpartum care, and general orthopedic physical therapy

Nutritional Services

Bamboo Nutrition Isabelle Bouchard, Laura Rende, Julia Henry 601 W Nifong Blvd #1E Columbia, MO 65203 573-343-4017	Patients: Adults, teens, children, families Specialties: eating disorders, diabetes, GI problems, PCOS This practice is weight inclusive and focuses on self-care rather than weight loss. Insurance/fees: United, Cigna, Aetna, Humana Referral from primary care doctor is required if billing to insurance. www.bamboonutritionrd.com

Laser Hair Removal

The Laser Clinic 1306 Old Hwy 63 South, Suite G Columbia, MO 65201 573-489-7077	Laser hair removal, tattoo removal, aesthetics Purchasing a package isn't required, can do pay-as-you-go thelaser.clinic