

Steady State Health Launches \$499 Program for Women Navigating Perimenopause and Brain Fog

Steady Start gives midlife women in Oregon and Washington a comprehensive first step into whole-person metabolic and hormonal care

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Josie Cowburn, DNP, FNP-C

telehealth precision women's health practice serving Oregon and Washington, has introduced [Steady Start](#), a \$499 comprehensive assessment program designed to give midlife women a clear, affordable entry point into whole-person care. The program includes an advanced hormone and metabolic lab panel and a one-on-one visit with founder [Josie Cowburn, DNP, FNP-C](#), to review results and build a personalized health plan.

Many women in their 40s and 50s arrive at Steady State Health after years of seeing multiple providers without

clear answers. They are experiencing overlapping symptoms, exhaustion that does not lift, word loss mid-sentence, unexplained weight changes, and a growing sense that something has shifted, but have been told their labs are normal and their concerns are manageable. Steady Start was designed specifically for that patient. For a flat fee of \$499, women receive the labs, the time and the clinical expertise to finally understand what is happening in their body and what to do about it.

"Most of my patients come to me after being dismissed somewhere else," said Josie Cowburn, DNP, FNP-C, founder of Steady State Health. "They do not need another referral. They need someone who can look at their hormones, their metabolism and their brain health together and tell them what is actually going on. Steady Start is that conversation."

The program includes a comprehensive lab panel ordered at enrollment and a deep-dive review visit with Cowburn scheduled approximately one to two weeks after results are returned. Patients receive a written, personalized health plan with specific medication and supplement recommendations. For women who choose to continue into Steady Momentum, Steady State

Health's 12-week ongoing care program, the full \$499 Steady Start fee is credited toward enrollment.

The practice treats perimenopause, menopause, metabolic health and cognitive concerns as interconnected rather than separate conditions, an approach Cowburn describes as connecting the dots rather than treating one symptom at a time.

Steady Start is available now to patients located in Oregon and Washington. The program is cash-pay only and is not billed to insurance. To learn more or book a free discovery call, visit steadystatehealth.com.

About Steady State Health

Steady State Health is a telehealth precision women's health practice founded by Josie Cowburn, DNP, FNP-C, and licensed in Oregon and Washington. The practice specializes in perimenopause, menopause, metabolic health and cognitive concerns, treating these as interconnected conditions rather than separate diagnoses. Steady State Health holds LegitScript certification and offers both insurance-based and cash-pay programs. Learn more at steadystatehealth.com.

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Josie Cowburn, DNP, FNP-C of Steady State Health

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