



# WELCOME TO BALANCED KIDS

Concierge pediatric healthcare for families in the Twin Cities Metro.  
We bring in-home and virtual visits right to your doorstep.

## MEET YOUR PROVIDER



**DR. SARAH SLATER, DNP,  
APRN, CPNP-PC**



Hi, I'm Dr. Sarah Slater, DNP. I'm a mom of two and founder of Balanced Kids.

I created this practice because I became increasingly frustrated with a healthcare system that no longer works for families or clinicians. In large medical systems, providers don't get the time to treat patients like humans, parents feel rushed and unheard, and prices continue to climb—all while health outcomes decline. Eventually, I realized I could no longer remain in a system where everyone was replaceable and children weren't getting the care they deserved.

Balanced Kids is my answer to that problem—a better health model built around families, not institutions

With 15+ years of experience in academic and community pediatrics, I combine evidence-based medicine with integrative, whole-family wellness. My mission is simple: respect your time, honor your values, and support your child's health in the most natural, human, personalized way possible.

As a cash-based practice, we avoid inflated hospital fees and insurance limitations, keeping care simple, transparent, and affordable.

Rooted in the concierge model, we prioritize time, trust, and whole-family wellness at every stage of your child's growth.

By bringing care directly to you, we make pediatric healthcare more personal, accessible, and connected.

# SERVICES

## WELL CHILD CHECKS

From newborn cuddles to wild-child wiggles, we've got you covered!

These visits monitor your child's growth & development.

They offer an opportunity to assess milestones, catch concerns early, and receive age-specific guidance tailored to your child's needs.

## SICK VISITS

Skip the clinic & stay in the comfort of home!

We treat all common child sick conditions.

On the Spot Rapid Testing Available so we can take action right away. (Flu/covid, RSV, STREP, UTI)

## PHYSICALS

Sports and school physicals for kids and teens, in-home or at a designated location to fit your needs.

Prefer to make it a group event? We also provide on-site group physicals. Perfect for: Sports teams, Homeschool groups, and more!

## OTHER CONCERNS

Balanced Kids provides comprehensive care for a wide range of pediatric health needs, including:

Behavioral concerns (ADD/ADHD), Mood disorders (anxiety/depression), Skin issues (eczema, acne), Asthma, Puberty concerns, and more.

## PLANT CONSULTATION

Plant-based consultations support children with conditions such as ADHD, behavioral challenges, autism-related irritability, seizures, and epilepsy—especially when traditional medications have been ineffective or caused unwanted side effects.

Guided by Endocannabinoid System (ECS) education, Dr. Sarah Slater, DNP, provides individualized support using evidence-informed botanical therapies alongside nutrition and lifestyle strategies to help regulate the nervous system and restore balance. These consultations help families navigate complex medical needs with the goal of improving comfort, behavior, and overall quality of life.

## ADD ON SERVICES

Genetic testing and medical grade ear piercings.  
These services can be added on to any visit.



# 3 PATHWAYS TO CARE

Every child and family has unique healthcare needs that evolve over time.

Infants and young children require frequent well-child visits beginning at birth and continuing through early childhood to monitor growth and development and to support immunization decisions.

During these early years, a child's immune system is still developing, which means younger children are more likely to get sick and often need more frequent medical support.

As children grow, their healthcare needs change. Some children remain generally healthy and need care only occasionally, while others benefit from ongoing support for concerns such as ADHD, eczema, anxiety, or mood challenges.

That is why Balanced Kids offers three distinct pathways to care, allowing families to choose the level of access, continuity, and support that best aligns with their child's needs and their family's values.

## A LA CARTE

Best for Children with low healthcare needs whose families prefer to book care only when needed.

## SICK KIDS MEMBERSHIP

Best for families who already have a pediatric provider but need reliable, fast access when their child is sick.

## BALANCED KIDS MEMBERSHIP

Best for families who want comprehensive, relationship based pediatric care and value easy access, transparency, and shared decision-making.

# A LA CARTE

## **Pay-As-You-Go.**

À la carte care is designed for children with low healthcare needs, often older children or adolescents, whose families prefer the flexibility of scheduling visits only when care is needed.

This option works well for children who are generally healthy and do not require frequent visits or ongoing medical support. Families can schedule well-child visits as needed, and immunizations may be provided during those visits, with vaccine costs added to the service fee. Additional services such as medical-grade ear piercing and pharmacogenetic (PGx) testing consultations may also be added on when appropriate. Laboratory testing can be ordered as needed, with families covering the cost of labs.

Because care is provided on a visit-by-visit basis, this pathway is best for families seeking occasional support rather than ongoing care. It does not include continuous communication between visits, which allows us to keep this option flexible and accessible.

Children who benefit from regular follow-up, ongoing communication, or longitudinal management of conditions such as ADHD, behavioral concerns, mood disorders, or similar diagnoses are best supported through one of our membership pathways, where a strong, ongoing patient-provider relationship and more frequent follow-up can be established.



# SICK KIDS MEMBERSHIP

## **The Sick Kids Membership focuses on illness-related care.**

Members receive sick-focused visits with ongoing talk and text access to Dr. Sarah for guidance during acute illnesses. This allows families to receive timely support without needing to change their existing well-child provider.

Members receive one in-home sick visit per month along with unlimited virtual sick visits. If an additional in-home visit is needed, it may be scheduled at the standard visit rate, with travel fees applied and a ten percent member discount on the visit cost.

Immunizations are not administered during sick visits. Families may, however, schedule a one-time well-child visit if desired. This visit may include immunizations and is offered at the standard well-child visit rate with a ten percent discount for Sick Kids members. Medical-grade ear piercing may also be added on during a scheduled well-child visit.

Genetic (PGx) testing consultations may be added on as needed. This pathway is designed specifically to support acute illness care while allowing families to maintain their existing well-child provider relationship.



# BALANCED KIDS MEMBERSHIP

Best for families with infants, young children, or children with ongoing healthcare needs who want comprehensive pediatric care with consistent access and a strong, long-term relationship with their provider.

## **Why this option works:**

This membership is especially well suited for infants and young children, who require frequent well-child visits growth, development, and preventive care during the early years. It is also ideal for children who get sick more often, as well as those who benefit from ongoing support for medical, developmental, or behavioral concerns.

Families who value proactive care, open communication, and the ability to address multiple concerns within a single visit often find this membership to be the best fit. Care is designed to evolve with your child and adapt as their needs change over time.

The Balanced Kids Membership provides all-inclusive pediatric care centered on continuity and trust. Families receive comprehensive well-child and sick care, ongoing talk and text access with Dr. Sarah, and support for both acute and chronic concerns within an established patient-provider relationship...





A woman with blonde hair and a young child are looking at a tablet together. The woman is on the right, smiling, and the child is on the left, looking at the screen. They are both wearing blue clothing. The background is softly blurred, showing what appears to be a window with natural light.

# BALANCED KIDS MEMBERSHIP

## **What's included:**

Well-child visits are provided according to age and developmental needs and include immunizations as appropriate. Members have access to in-home visits, with travel fees waived for one in-home visit per month, along with unlimited virtual visit. Additional in-home visits may be scheduled as needed.

This membership supports ongoing management of infants & young children, and conditions such as ADHD, eczema, anxiety, mood concerns, and other chronic or complex needs through regular follow-up and thoughtful medical guidance.

Add-on services, including medical-grade ear piercing and genetic (PGx) testing. Laboratory testing may be ordered as part of care, with routine labs included and additional labs covered with a member credit.

## **What families value most:**

Families often choose the Balanced Kids Membership for its predictability, transparency, and relationship-based approach. All concerns can be discussed openly without surprise bills, allowing care to remain aligned with each family's values and goals.

# ON THE SPOT TREATMENTS

**When your child is sick, timely treatments matter**

During in-home visits, Balanced Kids is equipped to provide select treatments on the spot, allowing care to begin immediately and often preventing unnecessary urgent care or emergency room visits.

## **Respiratory Treatments (When Clinically Indicated)**

If your child is experiencing breathing symptoms, Dr. Sarah can assess and administer in-home nebulizer treatments as appropriate, including:

- Albuterol nebulizer treatments
- Racemic epinephrine for specific airway concerns
- Hypertonic saline nebulization to support mucus clearance

These treatments are delivered in a calm, familiar home environment—often making them easier and less stressful for children.

## **First-Dose & Supportive Medications**

When appropriate, Balanced Kids can also administer initial doses of certain medications during the visit, helping treatment begin right away.

## **Examples may include:**

- First doses of antibiotics, such as amoxicillin
- Other supportive medications as clinically indicated

This allows families to start care immediately while prescriptions are filled or delivered, avoiding delays in treatment.



# TELEHEALTH ENHANCEMENT KIT

**Care at the drop of a hat, wherever you are**

Balanced Kids members have access to our Telehealth Enhancement Kit, allowing Dr. Sarah to provide high-quality virtual care even when an in-home visit isn't immediately available.

This kit allows real-time assessment and decision-making, often preventing unnecessary urgent care or ER visits.

## **What's included:**

- Rapid at-home testing for strep, RSV, COVID-19, and influenza
- Bebird otoscope for ear, throat, and nasal exams
- Easy-to-use tools designed for parents

## **Why it matters:**

- Faster diagnosis and treatment decisions
- Reliable care even during busy days or peak illness seasons
- Ensures families always have access to their provider





# PHARMACOGENOMIC (PGx) TESTING

## Personalized medicine for your child

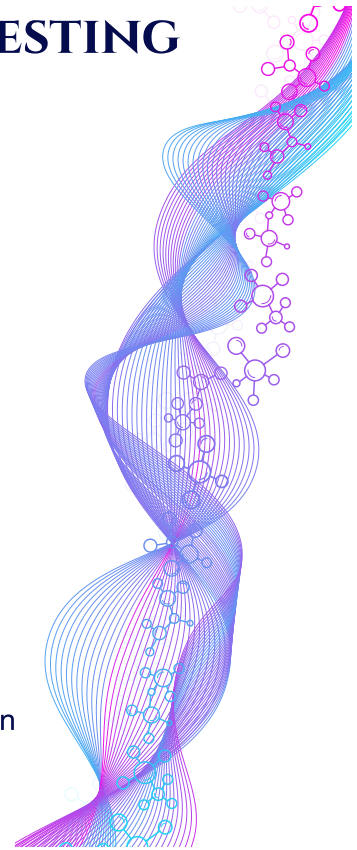
PGx testing looks at how your child's unique genetics influence how they metabolize and respond to medications. This information helps reduce trial-and-error prescribing and supports safer, more effective treatment choices over a lifetime.

### Why PGx testing is helpful for families:

- Identifies medications that may work best—or should be avoided
- Helps explain side effects or poor medication response
- Supports safer dosing and long-term decision-making
- Especially useful for behavioral health medications, pain management, and chronic conditions

### How pricing works:

- À La Carte: PGx consultation fee applies
- Balanced Kids Members & Sick Kid Membership: PGx consultation is included in membership
- Families submit separate payment directly to Mira Precision Labs the lab test itself once ordered



# MEDICAL-GRADE EAR PIERCING

## A safer, gentler piercing experience

Balanced Kids offers medical-grade ear piercing using the Blomberg system—an industry leader in sterile, physician-preferred piercing technology.

### Why Blomberg is different:

- Single-use, sterile cartridges for maximum safety
- Controlled, gentle pressure—less pain and trauma
- Medical-grade materials designed for sensitive skin
- Lower risk of infection and allergic reactions

Families can choose from a curated selection of high-quality, low-allergen jewelry, allowing both safety and style without compromise.





# LAB SERVICES

**Convenient, thoughtful testing, centered around your child**

## **In-Home Lab Testing:**

When appropriate, select routine labs are performed right in your home, eliminating the need for outside lab visits.

In-home testing includes:

- Hemoglobin screening – a tiny finger-stick
- Lead screening – a tiny finger-stick
- Newborn jaundice (bilirubin) screening – no needles or pokes

For finger-stick labs, comfort measures are always used to make the experience as gentle and stress-free as possible. Transcutaneous bilirubin screening is completely noninvasive.

## **Additional Lab Testing Through Fullscript**

For labs that cannot be drawn in the home, Balanced Kids uses Fullscript, a secure and streamlined lab-ordering platform.

## **How it works:**

- Dr. Sarah places the lab order
- Families receive an email to choose a convenient lab location (LabCorp, Quest, etc.)
- You schedule the date, time, and location that works best for your family
- Results are sent directly to both your family and Dr. Sarah for review and follow-up

## **Lab pricing details:**

- \$10 phlebotomy fee, plus the cost of the lab
- Lab pricing is often significantly lower than hospital-based lab charges
- Balanced Kids Members:
  - Routine labs are covered by membership
  - Non-routine labs receive a membership lab credit
- Concierge/mobile lab draws may be available in some areas for \$85, depending on location

## **FULL SCRIPT**

**More than just labs**

Fullscript is not just for labs—it's an online platform for high-quality, practitioner-vetted supplements and wellness products.

- Dr. Sarah can recommend products directly through Fullscript
- Orders are shipped straight to your home
- Every client receives a discount when shopping through Balanced Kids
- Members receive a deeper discount than à la carte clients

This ensures families have access to products that meet high quality and safety standards—without guesswork.





# ON THE SPOT ILLNESS TESTING

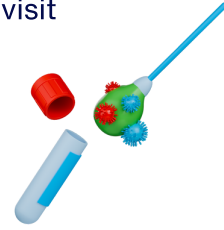
## Answers in Seconds

When your child is sick, many tests can be done immediately during the visit using a simple swab or urine sample.

### Rapid testing includes:

- Influenza A & B, COVID-19, RSV
- Strep
- Urinary tract infection (UTI) screening

These point-of-care tests allow for immediate clinical decisions and faster treatment plans—without waiting days for answers.



# IMAGING SERVICES

## Streamlined imaging—without endless waiting

When imaging is needed to guide your child's care, Balanced Kids partners with RAYUS Radiology to provide timely, convenient diagnostic imaging.

### How It Works

- Dr. Sarah places the imaging order directly
- Families schedule an appointment at a RAYUS location that fits their schedule
- You arrive at your scheduled time—no long waiting rooms
- Imaging is performed by experienced technologists
- Studies are interpreted by a board-certified radiologist
- Results are communicated back to Dr. Sarah for review and follow-up with your family



### Why This Matters

This approach allows imaging to be completed efficiently while keeping your child's care coordinated and personalized.

By ordering imaging through RAYUS, Balanced Kids helps provide:

- Faster access to imaging
- Predictable appointment times
- Reduced stress for children and families
- Expert radiology interpretation
- Direct provider oversight and clear communication

All imaging decisions are made thoughtfully and only when clinically indicated—so your child gets the right test at the right time, without unnecessary delays or ER visits.



# IMMUNIZATIONS

Thoughtful, informed care, guided by your family's values

Balanced Kids approaches immunizations with the same philosophy as all care: unrushed, personalized, and grounded in open communication. We believe families deserve clear information, time to ask questions, and support throughout their immunization journey.

## **How Immunizations Are Offered**

- Balanced Kids Membership:
  - Immunizations are included as part of comprehensive primary care
- Balanced Sick Kids Membership:
  - Immunizations may be scheduled by adding a well-child check with immunizations
  - Immunizations are available with out-of-pocket payment
- À La Carte Care:
  - Immunizations are available with out-of-pocket payment

Immunizations are not administered during sick visits, as it's important your child is well at the time of vaccination.

## **A Values-Centered Approach**

Every family's comfort level and priorities are different. At Balanced Kids:

- We review the risks and benefits of each vaccine
- We support families who choose:
  - The standard immunization schedule
  - Alternative schedules
  - Delayed schedules
- We have intentional conversations specific to alternative and delayed schedules
- There is no pressure and no rushed decision-making

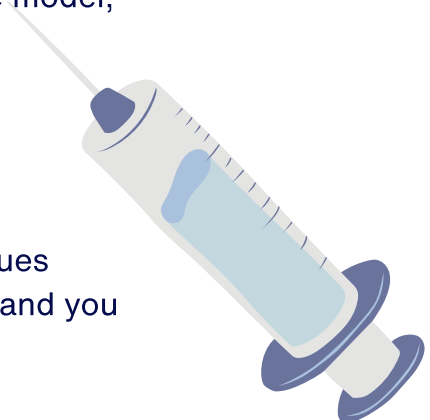
Our goal is not to dictate choices, but to provide guidance, education, and clinical insight so families can make decisions that align with their values while understanding the medical considerations.

## **Why This Matters**

By offering immunizations within a relationship-based care model, Balanced Kids provides:

- Time to ask questions and process information
- Consistent guidance from the same provider
- Clear, evidence-informed discussions
- Flexibility in scheduling and approach
- Care that respects both medical science and family values

Immunizations are one part of your child's health journey—and you don't have to navigate it alone.



# TRAVEL FEES

Respecting everyone's time

## Why We Charge Travel Fees:

Concierge care—delivered to your door

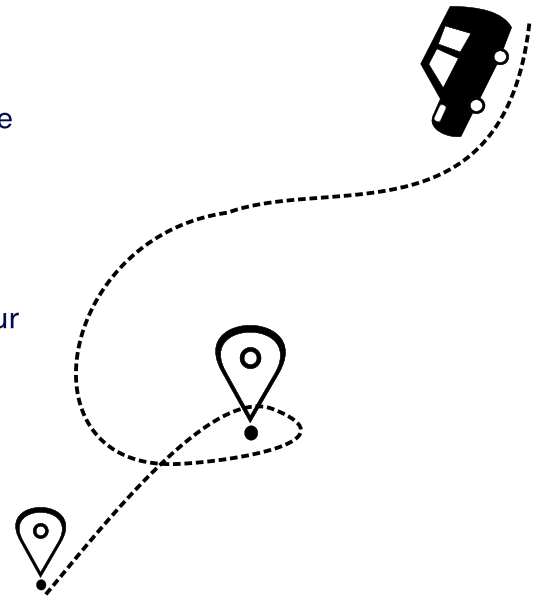
Balanced Kids provides in-home care using a personal vehicle dedicated to serving families across the community.

## Travel fees help offset:

Fuel, vehicle maintenance, and wear-and-tear

- Time spent commuting that is reserved exclusively for your child
- The ability to provide reliable, prompt care outside of a traditional clinic setting

This allows us to maintain high-quality, personalized care—without rushed visits or crowded waiting rooms.



# CANCELLATION POLICY

Respecting everyone's time

## **Cancellation Policy:**

Balanced Kids is a concierge practice with limited appointment availability, **cancellation fees apply when visits are canceled within 24 hours of the scheduled appointment.**

## **À La Carte Clients**

- Virtual visit: \$25
- In-home visit: 50% of the scheduled visit cost
- (does not include travel fees)

## **Members**

- Virtual visits: No cancellation fee
- In-home visits canceled within 24 hours: \$50





# OUR BALANCED COMMUNITY

Connecting Families to Local Healthcare Innovators

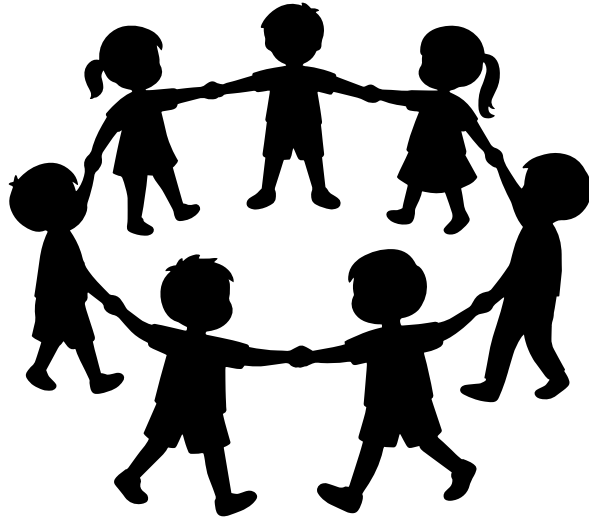
## **At Balanced Kids, great care doesn't happen in isolation.**

That's why we proudly highlight small, local businesses and practitioners who are transforming how healthcare and wellness are delivered to families in our community.

Balanced Kids Members receive unique benefits wherever you see a gold star—supporting children, parents, and the entire family.

### **Our community categories include:**

- Birth & Beyond
- Nurse Advocates
- Personal Trainers
- Chiropractors
- Music Therapy
- Occupational Therapists
- Physical Therapists
- Parenting Support
- Sleep Experts



### **Member-Only Community Benefits ★**

Balanced Kids Members receive exclusive perks with select community partners, identified by a gold star. These benefits may apply to children, parents, or the whole household, depending on the service, and may include:

- Preferred or discounted pricing
- Priority scheduling or access
- Member-only offerings or consultations
- Coordinated care aligned with your child's healthcare plan—and your family's needs

These partnerships are designed to extend care beyond the pediatric visit, supporting your family wherever you are on your health journey.

### **A Community That Grows With You**

As Balanced Kids grows, our community continues to grow too.

We are actively building new partnerships with trusted providers across the Twin Cities and beyond meaning your membership benefits will continue to expand over time. New partners and new perks will be added regularly.

At Balanced Kids, we don't just care for your child, we help build the support system around your family. Visit our community page to discover community partners and look for the gold star to see where your Balanced Kids membership unlocks added benefits for your child, you, and your family—now and as our community continues to grow.

# COMPARISON OF CARE OPTIONS

	A La Carte	Sick Kids Membership	Balanced Kids Membership
<b>Monthly Rate &amp; Packages</b>	Pay As You Go	<b>Monthly Membership</b> (12 month contract then month to month) <ul style="list-style-type: none"> <li>1 child = \$150/month.</li> <li>Each additional child add \$75 per month.</li> </ul> <b>6 month package</b> <ul style="list-style-type: none"> <li>Monthly rate x 6 + 10% off</li> </ul> <b>12 month package</b> <ul style="list-style-type: none"> <li>Monthly rate x 12 + 20% off</li> </ul> <b>Month to Month</b> Your monthly membership rate + 50% (Cancel any time)	<b>Monthly Membership</b> (12 month contract then month to month) <ul style="list-style-type: none"> <li>1 child = \$300/month.</li> <li>Each additional child add \$100 per month.</li> </ul> <b>6 month package</b> <ul style="list-style-type: none"> <li>Monthly rate + 10% off</li> </ul> <b>12 month package</b> <ul style="list-style-type: none"> <li>Monthly rate + 20% off</li> </ul> <b>Month to Month</b> Your monthly membership rate + 50% (Cancel any time)
<b>Well Child Checks</b>	\$300	\$200 Add On Service	Included
<b>Physicals</b> Group discounts up to 50% off depending on size of group.	\$150	\$75 Add On Service	Included
<b>Plant Consultation</b>	NA	Add on Service - Virtual Only \$200	Included
<b>Other Concerns</b>	NA	NA	Included
<b>Medications</b> (given before personal prescription is sent)	\$5 per dose	1st dose included (given before personal prescription is sent)	
<b>Labs</b> <ul style="list-style-type: none"> <li>Blood draws</li> <li>Rapid testing</li> </ul>	\$10 phlebotomy fee + cost of lab  \$10 per rapid test	\$20 credit for Labs requiring phlebotomy Rapid Tests Included	All routine labs included. \$20 credit for non-routine labs Rapid Tests Included



# COMPARISON OF CARE OPTIONS

	A La Carte	Sick Kids Membership	Balanced Kids Membership
Immunizations	\$50-300 depending on vaccine		All immunizations covered
Imaging	Payments collected through RAYUS and are not included with Balanced Kids Services		
Genetic Testing (PGx)	\$100 Virtual Consult Pricing based on Sliding Scale through MIRA Precision	Virtual Consult Included	
Medical grade ear piercing	\$125 Add on Service Jewelry Not Included	\$100 Add On Service Jewelry Not Included	Included Jewelry Not Included
EMR Portal	Track your visits, view records and results through our Optimantra EMR		
Balanced Kids Community network		Balanced Kids members receive discounted rates with our Community Partner providers, helping reduce out-of-pocket costs for outside services. Discounts vary by partner.	
Telehealth enhancement kit	NA	Members receive a Telehealth Enhancement Kit, which includes: Ear, nose & throat camera. At-home testing for strep, flu, and COVID.	

# SERVICE FEES

	A La Carte	Sick Kids Membership	Balanced Kids Membership
<b>Travel fees</b> (Based of time traveled from Prior Lake)	0-15 minutes = Waived 15-30 minutes = \$60 31-45 minutes = \$90 46-60 minutes = \$120 >60 minutes - please inquire directly	Travel Fees Waived for 1 in-home visit monthly.	
<b>After Hours</b> 5:00 PM- 10:00 PM Subject to availability	NA	Virtual = Waived In-Home = \$100	Virtual = Waived In-Home = \$100
<b>Weekends &amp; Holidays</b> Subject to availability	NA	Virtual = Waived In-Home = \$100	Virtual = Waived In-Home = \$100
<b>Cancelation Fees</b>	Virtual = \$25 In-home visit = 50% of base service (travel fees are not charged)	Virtual = Waived In- Home visits = \$50	



# JOIN THE BALANCED KIDS COMMUNITY



**Andy Kelly**

Local Guide • 26 reviews • 1 photo

★★★★★ 8 weeks ago

We had the absolute best experience with Dr. Sarah during our concierge home visit yesterday. She is so pleasant, kind, and incredibly sweet with the kids. It's obvious she has an impressive amount of knowledge and experience.

Our 3.5 y/o instantly felt comfortable around her, and both of my kids adored her by the end of the visit. We'll absolutely be calling Dr. Sarah again whenever anything comes up. Highly recommend her to any family looking for exceptional concierge pediatric care.



**Victoria Bizzotto**

7 reviews • 0 photos

★★★★★ 3 weeks ago **NEW**

Dr. Sarah at Balanced Kids is exactly the kind of provider every parent hopes to find.

When my daughter developed an infected toe, Dr. Sarah was able to see us quickly via a virtual appointment — which alone was a huge relief. She didn't rush, asked thoughtful questions, and took the time to thoroughly assess the situation even through a screen.

What stood out most was her calm, kind, and genuinely caring approach. She explained what was happening, walked me through next steps, and made sure I felt confident in how to care for my daughter after the visit.

We left the appointment with a clear plan and peace of mind — something every parent values. If you're looking for a pediatric provider who is knowledgeable, accessible, and truly attentive, I can't recommend Dr. Sarah and Balanced Kids enough.



**Ann Gigstead**

8 reviews • 3 photos

★★★★★ 13 weeks ago

So grateful for Dr Sarah! I feel like strep throat and hand foot and mouth are everywhere so I was so happy to not have to bring in my sick kiddo to a clinic (possibly exposing them to more germs). Dr Sarah came over same day and was able to rule out strep quickly with an at home test. The exam was thorough and she made my kiddo feel at ease. Highly recommend and we will definitely use Balanced kids in the future!



**Kendra Lonetti**

1 review • 0 photos

★★★★★ 5 weeks ago

We had such a wonderful experience with Dr. Sarah. She was kind, attentive, thoughtful, and most importantly thorough. It was such a breath of fresh air to not have to bring my sick kiddo in to his clinic/urgent care. She was able to do everything they would have done there from the comfort of our house. Plus, being able to message about anything that pops up after the visit (related to the illness) is such a bonus. Will def be using Balanced Kids in the future and am so grateful it's around!

Real relationships. Real care. Right at home.