GLOW PEDIATRICS

Glow Membership Care Guide

A medical home for kids with autism, ADHD, and chronic health conditions, and the families who love them.

Dr. Hokehe Eko, MD MPH FAAP
Board-Certified Pediatrician · Fellowship-Trained Integrative Medicine
5600 N May Ave, Oklahoma City · 405-871-5807 · glowpediatrics.com

WELCOME

A doctor who knows your child's whole story

Dear parent,

If you're reading this, you've probably told your child's story more times than you can count. To a new provider at every sick visit. To a specialist who only looks at one piece. To

a doctor who had ten minutes and said, "Let's wait and see."

I started Glow Membership so families like yours don't have to start over anymore. As a member, your child has a care team, led by me, that knows their history, their sensitivities, and what's worked before. Well visits have time to talk about the things that matter at home: sleep, eating, digestion, behavior, and focus. When your child gets sick, you call a practice that already understands them.

I'm a board-certified pediatrician, fellowship-trained in integrative medicine, and a mom. I believe the gut, the brain, sleep, and nutrition are connected, and that your child's care should be too.

This guide explains what's included, how visits work, and what membership costs. When you're ready, book a Meet the Doctor call and we'll talk about your family.

With care,

Dr. Hokehe Eko

MD MPH FAAP · Board-Certified Pediatrician · Fellowship-Trained Integrative Medicine · Board Certified Integrative Health Consultant · Certified Brain Health & Lifestyle Coach · TEDx Speaker · Author

WHAT YOU GET

What your membership includes

- **Integrative well visits**
  Time to talk about sleep, eating, digestion, behavior, and focus, not just height and weight. Every scheduled well-baby check is included.
- **6 sick visits per child each year**
  In our office or by video, Monday through Thursday, usually the same day or the next business day. Well visits never count toward your 6.
- **A care team that knows your child**
  Your child is seen by Dr. Eko or another member of our clinical team. Everyone works from your child's chart and care plan, so you never have to start from the beginning.
- **Growth tracking and standard in-office labs**
  We keep a close eye on growth and development at every visit.

- **Care coordination**
  Referrals and help connecting your child's specialists, therapists, and school team, with one office keeping track.
- **School, sports, and camp forms**
  Completed by your child's own doctor.
- **Messages answered the next business day**
  Questions between visits go to a team that knows your family.
- **A direct path to root-cause care**
  When you're ready to go deeper, members can book a Clarity Session and Glow Programs at any time.

Not included in membership

These are available to members as separate services.

- Root-cause consults and integrative follow-ups with Dr. Eko
- Glow Programs (6- and 12-month)
- Autism/ADHD evaluations and Glow Resource Management
- Routine childhood vaccines (see How care works)
- Precision and specialty testing
- Nutrition visits with Dr. Amara Yoro
- Outside labs, imaging, and specialists
- Sick visits beyond 6 per child per year

PRICING

Simple pricing for your whole family

One monthly price per child, the same at every age from newborn to 21. Each additional child costs a little less, and no family ever pays more than $500 a month.

First child	Second child	Third child	Family maximum
$175	$165	$155	$500

per month	per month	per month	per month, any size

CHILDREN IN YOUR FAMILY	MONTHLY	ANNUAL PREPAY (12 MONTHS FOR 10)
1 child	$175	$1,750
2 children	$340	$3,400
3 children	$495	$4,950
4 or more children	$500	$5,000

One-time enrollment

First child	$250
Each additional child	$125
Any child under age 2	$350
Family maximum	$500

Babies under 2 have a busy well-visit schedule, and their enrollment covers it.

Good to know

- **Term:** memberships run for 12 months.
- **Pay annually** and get 2 months free.
- **Extra sick visits:** after your 6 included visits, additional sick visits are $125 each.
- **In-office tests:** some tests have a small fee. We'll always tell you before we run one.
- **Not insurance:** we recommend keeping health insurance for specialists, hospital care, outside labs, imaging, and emergencies.

DAY TO DAY

How care works

When your child is sick

Well visits

Call us Monday through Thursday. Most children are seen the same day or the next business day.

In the office at 5600 N May Ave, in a calm room with time to explain what's going on.

By video for rashes, pink eye, colds and coughs, mild stomach bugs, eczema flares, and follow-ups. Your child must be in Oklahoma during the video visit.

Ear pain, sore throats, breathing concerns, and anything that needs an exam or a swab are seen in the office.

Well visits follow your child's age and needs. Along with growth and development, we make time for the questions you have at home: sleep, eating, digestion, behavior, and focus.

Every scheduled well visit is included, and none of them count toward your 6 sick visits.

After hours, Fridays, and weekends

Sick visits are Monday through Thursday. Outside those days, leave a message and we'll respond the next business day.

For urgent needs, go to an urgent care. Let us know, and we'll follow up.

Vaccines

We partner with the county health department and local pharmacies for routine childhood vaccines. We keep your child's vaccine record and tell you what's due at every well visit.

Emergencies: for trouble breathing, a serious injury, or any emergency, call 911 or go to the nearest emergency room.

GOING DEEPER

Membership and Glow Programs

Membership

Your child's medical home: well visits, sick visits, forms, and coordination, month after month.

Glow Programs

Dr. Eko's 6- and 12-month root-cause plans: precision testing, a personalized gut-brain protocol, and nutrition support with Dr. Amara Yoro.

Many families start with membership and add a program when they're ready. Others finish a program and stay on as members. Either way, your child's care stays in one place. If a bigger question comes up during a sick visit, such as "Is his gut connected to his behavior?", we'll set up a consult so it gets the time it deserves.

Questions parents ask

Who will my child see?

Dr. Eko or another member of our clinical team, led by Dr. Eko. Everyone works from your child's chart and care plan, so your child's history is always known.

What ages do you see?

Birth through age 21.

Do siblings without a diagnosis join too?

Yes. Membership is for the whole family, and sibling pricing makes it simpler to keep everyone in one place.

We don't live in Oklahoma City. Can we join?

Yes. In-person visits are at our N May Ave office, and many sick visits can be done by video from anywhere in Oklahoma.

Is membership insurance?

No. It's a monthly fee paid directly to Glow Pediatrics. Keep your health insurance for everything outside the office.

Do I have to do a program?

No. Programs are always optional. Membership stands on its own.

Are spots limited?

Yes. We keep membership small so every family gets real time with their doctor.

How do payments work?

Pay monthly, or pay for the year up front and get 2 months free. Your membership agreement has the full details.

NEXT STEPS

How to join

1. **Book your Meet the Doctor call**
   A 15-minute call to ask your questions and make sure Glow is the right fit for your family.

2. **Enroll**
   Sign your membership agreement, choose monthly or annual payment, and pay the one-time enrollment.

3. **Book your first visit**
   We'll gather your child's records and schedule their first well visit at our Oklahoma City office.

READY WHEN YOU ARE

Book your Meet the Doctor call

Call 405-871-5807, Monday through Thursday, or use the booking link on the page where you downloaded this guide.

Glow Pediatrics · 5600 N May Ave, Oklahoma City · glowpediatrics.com · @glowpediatrics

Prices and services as of October 2026 and subject to change. Full terms are in the Glow Membership agreement. Membership is not health insurance.