



Phase I Assessment

Your Health Journey

Why the Comprehensive Intake Assessment (CIA)? \$250

Our team uses a whole person approach, focusing on your physical, mental, emotional, and spiritual health. In creating your personalized plan, we listen to your primary concerns while also gathering your health history since birth. Events in our lives, even the ones we seem to take in stride, can trigger internal responses that affect our health. These responses to stress can seem invisible at the time, but can influence neurologic function, hormones, and the balance of our immunity with inflammation.

We also examine how lifestyle might have affected your genetic programming, called epigenetics. While genetics gives us a blueprint for creating a human, that process is heavily affected by the environment. The quality of your environment is strongly influenced by your lifestyle choices.

What to Expect:

1. Before your first appointment, we will schedule a brief phone encounter to confirm your paperwork is complete and ensure we have medication/supplement information. This phone call will not last any longer than 15 minutes.
2. In your first one hour appointment, you are able to choose either an in-office or telehealth visit. Your medical provider will create a timeline to identify emotional stressors and their connection to physical symptoms. Additionally, document any past medical treatments or conditions. They may request you have labs drawn before your final appointment.
3. After your first appointment, we will schedule a diagnostic appointment for labs, heart rate variability, InBody scan and results will be utilized throughout the course of your treatment. Please note that all of your labs may not be back by your last CIA appointment. We will begin with your chief complaint and remaining labs will be integrated into your follow up appointments.
4. Your final appointment is a 1/2 hour visit to discuss recommendations based on our 5 Pillar Model (Purpose, Nutrition, Stress Resiliency, Movement, Sleep/Rest) and create with you a personalized plan to begin your health journey.



Purpose

Elevate your meaning and purpose



Nutrition

Nourish yourself for healing and longevity



Stress

Discover your unique response to stress and optimize brain health



Sleep

Reprioritize a fundamental need for recovery



Movement

Ensure your body moves for balance and vitality



Phase II Healing

Your Health Journey

Direct Primary Care plus Restorative Membership **\$150 per month (12 months of care)**

Direct Primary Care **\$75 per month (12 months of care)**

Rx Restorative Services:

- _____ Infrared Sauna
- _____ Personalized Health Coaching to include Brain Health
- _____ RelaxRx Sessions (Alpha-Stim, Target LED Light Therapy, Brain Tap)
- _____ RecoverRx Sessions (Virtual Christian Meditation, Stretching, Yoga)
- _____ Open Turf Gym (Peloton bikes and tread, Virtual training with NY Instructors, Circuit Training)

10% Discount on Supplements, Interactive Metronome, Hyperbaric Oxygen Therapy Packages, Therapeutic Mud Bath, Therapeutic Massage, Counseling

Recommended Monthly Appointment Frequency

Counseling

1 2 3 4

Medical

1 2 3 4

Fee for Service Options:

Primary Care **\$60/30 min or \$120/50 min**

Counseling **\$100/50 min**



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Phase III Longevity

Your Healthy Journey

Individual Membership **\$244 per month (12 months of care)**

Family Membership Discounts

(10% off for two members, 15% off for three members, 20% off for four members or more)

Core Membership Services

- ◇ **Direct Primary Care Membership**
Includes all visits and encounters with your medical provider.
- ◇ **Health Coaching**
Personalized coaching to help you achieve your goals and improve brain health.
- ◇ **Identity Snapshot**
Learn how you think, feel, and choose with a counselor once monthly.
- ◇ **12 – One monthly Relaxation Massage or Individual Hyperbaric Oxygen Therapy Session or Therapeutic Mud Bath**
Services may be interchanged and multiple sessions in a month can be added for an additional discounted fee.

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