



COMPONENTS OF OUR ALL-INCLUSIVE WELLNESS PROGRAMS

Our Wellness Programs are designed to meet you where you are in your health journey, with three flexible options: **Mild (3 months), Moderate (6 months), and Severe (9 months).** **Primarily geared towards addressing autoimmune conditions.**

Each program includes the same foundational elements—tailored in intensity and duration to match your personal health goals and needs.

Core Components

1. **Practitioner Visits (with Dr. Smitha Reddy, Board Certified Functional Medicine doctor and Rheumatologist)**
2. **Functional Health Coaching Sessions (via phone or virtual)**
3. **Personalized Wellness Curriculum for life**
4. **Initial Program Supplements**
5. **Genetic and Functional Medicine Diagnostic Testing geared for Personalized health outcomes.**

Practitioner Visits

Visits may be conducted **in person or via telemedicine.**

Each visit includes:

- Comprehensive evaluation and assessment of your medical conditions
- Review of current supplements and recommendations for targeted changes
- Review of health and lifestyle patterns, personal health goals, and nutrition questionnaire
- Gut symptom assessment and individualized plan
- The Functional Medicine system-based approach addresses all **pillars of health**

- Focus on the **4Rs: Remove, Restore, Reinnoculate, Repair**, with a focus on addressing underlying autoimmunity, preventing rapid progression of symptoms.

Follow-up visits and duration depend on your program level (Mild, Moderate, or Severe).



Televisit Link: <https://doxy.me/drsmithareddy>



Health Coaching & Online Wellness Curriculum

Each participant receives access to an **extensive online lifestyle curriculum** and **ongoing health coaching** for the full length of the program.

Coaching provides step-by-step guidance and accountability to help you integrate new habits and achieve lasting wellness.

*Additional optional Life coaching and stress management skills are available for additional help and back pain therapy sessions.



Diagnostic Testing

Initial testing is covered under your **diagnostic testing bank** and includes:

- **3x4 Genetics Test**
- **Evexia Complete Wellness Panel**

Additional functional tests (such as **GI-MAP, DUTCH, or LONA**) may be added as needed based on your progress.

These options are often included or discounted in the **Severe 9-Month Program**.



Supplements

Your **Supplement Bank** covers the initial recommended supplements as part of your personalized wellness programs.

All program participants receive **15% off** additional functional targeted supplement purchases.

Please bring your supplements to every visit so we can ensure your regimen is personalized and optimized for your ongoing needs.

Please get in touch with us to get scheduled for your personalized functional medicine evaluation appointments. You can email us at functionalhi123@gmail.com or call us at **858-665-2339**