

Components of Our Comprehensive Wellness Programs

Our **Initial Intensive Programs** span **3, 6, or 9 months**, depending on your unique health concerns and wellness goals. These foundational phases are followed by **Maintenance Programs**, designed to ensure ongoing support, accountability, and continued improvement in health outcomes.

1. Practitioner Visits

- Conducted **in-person or virtually** for flexibility and convenience.
- Focus on **reviewing lab results, diagnosing, and creating or adjusting** individualized treatment protocols.
- Include **supplement and medication management** to promote safe, effective, and optimal therapeutic outcomes.

2. Health Coaching Visits

- Offered as **in-person or virtual sessions (via Zoom)**.
- Designed to **support, educate, and hold practice members accountable** for implementing lifestyle recommendations.
- Emphasize **nutrition, exercise, stress management, and behavioral change strategies** that lead to long-term success.

3. Supplement Bank

- **Personalized supplement plans** tailored to each individual's health profile.
- Convenient **office pickup or direct home delivery** available.
- Allows for **ongoing management and reordering** as treatment needs evolve.

4. Diagnostic Testing Bank

- Laboratory tests can be completed at **any LabCorp location** after a **12-hour fast**.
- **Genetic and specialty test kits**—depending on your program—are **drop-shipped to your home** for added convenience.
- Provides a **comprehensive, evidence-based understanding** of your unique health markers and needs.

6. Wellness Curriculum

A structured, interactive learning experience designed to empower you with lifelong wellness strategies.

Includes:

- **Written Materials** — guides, handouts, and meal plans.
- **Educational Videos** — practical and easy-to-follow wellness insights.
- **Live Classes** (in-person or virtual), covering:
 - Stress Management
 - Lifestyle Coaching
 - Supplement Management

7. Program Facilitation & Community Support

- Led by a **dedicated Program Facilitator and Health Coach** providing continuous guidance and encouragement.
- Includes **regular check-ins, Customized recipes, dietary tips, and shopping lists** to simplify lifestyle changes.
- Fosters a **supportive community environment** that encourages connection, accountability, and shared success.