

# Signature Wellness Gold Program

*Our Signature Program - For those who seek the "optimum" of wellness and longevity*

The ultimate anti-aging program - the Gold Program takes Anti-aging Medicine to a whole new level. All of the components of our other programs are included plus much more. The Signature Wellness Gold program provides a comprehensive medical assessment and individualized treatment plan. A multidisciplinary team, led by a physician board certified in anti-aging and regenerative medicine, will assess your current nutritional status, fitness level, stress, hormonal balance, functional age and risk for chronic disease. Then a personalized wellness program will be developed for you, addressing all of these areas and more. Anti-aging recommendations are given for hormone replacement and nutritional supplementation to keep you feeling and functioning your best for today and the future. Ongoing counseling, mentoring, and support are included. We recommend this program for those clients also interested in weight loss. This is truly the future of medicine - available to you today!

## Medical

Initial medical evaluation and unlimited follow up appointments (at least 3-4/ year required, typically at 1, 3, 6 and 9 months) (valued at \$250 each).  
Interpretation of comprehensive lab evaluation, which may include bloodwork, saliva and/or urine testing

## Nutrition

Initial nutritional assessment  
Unlimited nutritional follow up appointments  
Custom nutritional recommendations and ongoing support  
Learn which foods can prevent disease & premature aging

## Mind/Body

Complimentary stress management session  
Ongoing wellness coaching, support and mentoring by our multidisciplinary team

## Testing

Body composition analysis	Metabolic Exercise Assessment (VO2)
Antioxidant scan	Functional Age Assessment
Resting metabolic rate assessment	Waist to Hip Ratio

## Exercise

Personalized exercise recommendations and follow ups to update the plan as your fitness needs evolve

## Member Benefits

Ongoing management of hormone prescriptions, nutraceutical program, ordering and interpreting of follow up lab testing  
Discounts on all other services offered by SW, including personal training, stress management, sauna therapy, and more

Cost \$1495 for initial assessment, \$199 monthly program fee

**704-752-9346**

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[www.signaturewellness.org](http://www.signaturewellness.org)

\*\*\* The Cost of Labwork is not included in the Professional Fee. The testing may be covered by private insurance.

