

Live Well *from the Inside Out*

OPTIMAL WELLNESS GOLD

COMPREHENSIVE 60 DAY
HEALTH OPTIMIZATION PROGRAM
Starts with a Full Day Assessment

\$1595

Comprehensive Medical Evaluation

- Comprehensive Evaluation
- Full Functional Medical Assessment
- Follow up Visits Included
- Email Access to Physician
- Minimum 6 months recommended for best results.

\$199 per additional month

Lab Tests*

- Estrogen
- Testosterone
- Progesterone
- DHEA
- Cortisol
- PSA (men)
- LH / FSH
- Vitamin D
- Blood count
- Liver function tests
- Kidney function tests
- Advanced cardiac markers
- Glucose metabolism
- Complete thyroid panel
- Advanced lipid testing

* Cost of lab testing additional
(approx \$550-\$650 if prepaid)

Expanded Testing Options

- Food Intolerance Testing
- Blood Nutritional Evaluation
- Genomic Testing
- Digestive Function Testing

Nutrition Assessment

- Signature Wellness Nutrition Program
- Nutritional Supplement Recommendations

Mind

- Stress Management Counseling

Body

- Body Composition Testing
- Comprehensive Medical Fitness
- Personalized Fitness Prescription

- Custom report with personalized Wellness Plan

Optimal Wellness Gold utilizes a multi-disciplinary team approach to assess your current nutritional status, fitness level, stress, hormonal replacement, and risk for chronic disease, culminating in a personalized wellness program.

OPTIMAL WELLNESS

ANTI-AGING CONSULTATION

\$895

Comprehensive Medical Evaluation

- Comprehensive Medical Evaluation and Consult

Follow Up Appointments \$199 each
Recommended quarterly

• Lab Tests*

- Estrogen
- Testosterone
- Progesterone
- DHEA
- Cortisol
- PSA (men)
- LH / FSH
- Vitamin D
- Blood count
- Liver function tests
- Kidney function tests
- Advanced cardiac markers
- Glucose metabolism
- Complete thyroid panel
- Advanced lipid testing

* Cost of lab testing additional
(approx \$550-\$650 if prepaid)

- Body Composition Testing

This personalized anti-aging consult addresses hormone replacement, nutritional supplement recommendations, and general nutrition, fitness and stress management strategies.

BASIC HORMONAL BALANCE

\$399

Initial Medical Evaluation

- Focused Hormone Evaluation

Follow Up Appointments \$199 each
Recommended at 1,3,6 months

Cost of lab testing additional
(approx \$200-\$300)

Individual lab tests are ordered as indicated. They may not be needed if you have had recent testing.

www.signaturewellness.org

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Far Beyond the Routine • A New Model of Healthcare