

YOUR HEALTHSPAN JOURNEY

WHAT TO EXPECT

1

DISCOVER & ASSESS

Comprehensive history, physician evaluation, advanced labs, InBody, grip strength and PNOE/VO2 testing.

2

BUILD YOUR BLUEPRINT

Your physician integrates the findings into an individualized Healthspan Blueprint.

3

IMPLEMENT & MONITOR

Your care team helps you put the plan into action and follows your progress.

4

MEASURE & REFINE

Quarterly physician reviews use objective measures to preserve gains and adjust the plan.

THE 4 MAJOR PILLARS

Every Blueprint considers four core areas. Each may be Active, in Maintenance, or simply monitored according to your needs.

H

HORMONES

Personalized hormonal assessment and management when clinically appropriate.

M

METABOLISM

Body composition, weight, insulin resistance and cardiometabolic health.

V

MOVEMENT

Aerobic fitness, strength, mobility and functional capacity.

N

NUTRITION

Practical nutrition strategies tied to measurable health objectives.

WHAT MEMBERSHIP INCLUDES

- Quarterly physician Healthspan Reviews
- Ongoing APRN/staff implementation support
- Routine InBody and grip-strength reassessment
- Annual PNOE/VO2 and Healthspan reassessment
- Ongoing Four-Pillar management and plan refinement
- Annual Blueprint Renewal for the next year

ANNUAL REASSESSMENT

At year end, we compare where you started with where you are now - then renew your Blueprint for the next 12 months.

YOUR HEALTH. YOUR GOALS. YOUR PLAN.

A physician-led program built around measurable progress.

GOAL → ACTION → MEASURE → EVALUATE

The same clear framework guides every active pillar.



READY TO LEARN MORE?

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