

All-Inclusive Vitality

6-month Induction Payment Options: \$5,000 | \$900 monthly

ASSESS

- Extensive bloodwork
- Medical & lifestyle background
- Body composition from DEXA
- Metabolism
- General fitness

ANALYZE

- Evaluation from Vitality Medical Team
- Receive individualized, customized report
- Physician-recommended lifestyle interventions:
 - Exercise
 - Nutrition
 - Sleep
 - Stress management
 - Supplementation
- Reduce risk of cardiovascular disease, diabetes, cancer, Alzheimer's disease, and age-related decline

INTEGRATE

- Monthly health coaching, in person or telehealth
- Oura Ring (additional membership rates may apply)
- MyZone heart rate monitor
- Research-supported resources for easing lifestyle changes

ADJUST

- Re-assess
- Benchmark progress
- Evaluation from Vitality Medical Team
- Adjust lifestyle intervention plan

All-Inclusive Vitality VIP \$300 monthly

Continue your journey to health optimization! As a VIP, keep receiving the same great all-inclusive benefits, including Vitality Medical Team, re-assessments, progress reports, health coaching, and medication administration.

Vitality Boosters:

- GLP-1 agonist/semaglutide assistance
- IV therapy
- Continuous glucose monitors (CGM)
- Mobility screening
- Female hormone support
- Supplement testing

Baseline Testing & Action Plan

\$3,500

Vitality

HSA/FSA
ELIGIBLE!



E L E V É

2606 Stewart Ave., Suite 100 | Wausau, WI | 54401

715-847-0000 | [EleveMedSpa.com](https://www.EleveMedSpa.com) |  

Customize Your Vitality Experience



DEXA Scan

A DEXA scan is the Gold Standard in accuracy of body composition analysis. It is a quick and painless imaging test that measures body fat, lean mass, visceral fat, and bone density.

Single DEXA scan: **100**
Four DEXA scan package: **350**



Resting Metabolic Rate (RMR)

Discover how efficient your body is at converting food to energy and using fat or sugar as fuel. Learn how to feed your body in a way that achieves your goals.

150



VO₂ Max & Target Heart Rate Assessment

Pinpoint your precise target heart rates to exercise smarter, avoid overtraining, and enhance your endurance potential. Measure your cardiovascular fitness to investigate your risk of disease.

150

Support

Wellness Coaching: Accountability, education, and personalized wellness coaching to help you reach your goals. **300**

Physician Visit: Medical health recommendations, including a review of your medical history, lab results, and most recent assessment results. **500**

Female Health Support: Our team partners with Dr. Yasmin, OB-GYN, at Alray Direct Gynecology and Intimate Health Center to facilitate access for patients to receive optimal gynecological health care. Dr. Yasmin's passionate mission is to empower, educate, and uplift women to live an enriched life through all life stage transitions. While Dr. Yasmin treats patients remotely, Elevé can serve as a connection hub for accessing Dr. Yasmin, drawing labs, and transferring those results along with other potential medical records to her team. Additional fees directly from Alray will apply. **150**

GLP1-Semaglutide Support: Our medically supervised weight loss program begins with All-Inclusive Vitality (see reverse side). In conjunction with lifestyle interventions, the Vitality Medical Team may prescribe pharmaceutical intervention such as GLP-1 agonists or semaglutide for weight loss. **350+**

Additional Screenings

Lab Visit: The collection of a blood sample which is sent out for analysis and reporting through Quest Diagnostics. Additional fees apply for each of the lab tests which are determined by Quest Diagnostics. All lab visits also require a physician visit after the results come back. **75+**

Mobility Screening: A series of photo/video assessments that evaluate mobility and stability by using fundamental movement pattern used to identify areas of imbalance, asymmetry, or muscle weakness that may increase the risk of injury or lack of mobility when aging. **250**

Supplement Testing: A truly personalized approach to innovative lab testing that provides an in-depth view of the function and efficiency of an individual's biochemistry to provide targeted supplement recommendations. The test results will provide specific recommendations for high-quality supplements with maximum absorption without "filler" products or sweeteners. We have an extensive line of nutritional products backed by the highest quality product research and testing. **300+**

Tools

Myzone MZ-Switch Heart Rate Monitor: An accurate fitness tracker and online social platform that rewards effort for all physical activity. **150**

Continuous Glucose Monitor (CGM) with Coaching Sessions: The Dexcom G6 10 day, 24-hour glucose monitor tracks your blood glucose levels in real time, so you can gain personalized insights and learn how your body responds to specific foods, sleep, stress, and exercise. Meet with Elevé's Health Coach two times - first to get set up with the CGM, and again after the 10 days of wearing the CGM to review and learn from your glucose data. **400**



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