

# Menu of Vitality Services

<b>DEXA Scan:</b> <i>The most accurate, gold standard method to determine body composition (quantifies your lean muscle, fat, bone mass and visceral fat). Package of 4: \$350</i>	100
<b>VO2 Max:</b> <i>An active metabolic test to determine your physical fitness level, targeted heart rate and fat burning zone to create a customized exercise plan.</i>	150
<b>Resting Metabolic (RMR) Test:</b> <i>Learn how many calories your body burns at rest; assess how many carbohydrate and fat calories your body uses for energy.</i>	150
<b>Health Coaching:</b> <i>Accountability and personalized coaching to help you reach your goals.</i>	300+
<b>Supplements:</b> <i>We offer high-quality supplements with maximum absorption through Designs for Health. This company has an extensive line of nutritional products and meal replacements backed by extensive product research and testing.</i>	TBD
<b>Circle DNA Genetic Testing:</b> <i>From cancer risks to fitness regimens, understand &amp; take control of your health with the World's Most Comprehensive DNA Test. You will receive 115 cancers and disease risk reports; 60 diet, fitness, and wellness reports; 163 carrier condition reports and 2 complimentary consultations with Circle DNA's genetic professionals.</i>	500
<b>Oura Ring Sleep Tracker:</b> <i>Oura combines advanced sensor technology with in-depth, personalized analysis to give you insights straight from the source: your body. With detailed feedback on your sleep, activity, and readiness, you can achieve your goals—no matter the size.</i>	300
<b>Onegevity's GutBio "Gut Health" Test:</b> <i>An at-home test that can get a complete look at the bacteria living in your gut as it relates to inflammation, diarrhea and constipation, providing you with personalized recommendations on how to increase or decrease the "good" and "bad" types of bacteria that influence each symptom.</i>	350
<b>ProLon Fast Mimicking Diet:</b> <i>A scientifically designed 5-day fast mimicking diet that delivers micro and macro nutrients in precise quantities and combinations that not only nourish your body, but also "trick" your body into thinking it is in a "fasting state." The fast mimicking diet is ideal for anyone looking to promote cellular renewal, boost metabolic health, and get a jump start on weight loss!</i>	250
<b>Continuous Glucose Monitoring with Coaching Session:</b> <i>Our providers can prescribe you a 24-hour glucose monitor that will track your blood glucose levels in real time, so you can gain personalized insights and learn how your body responds to specific foods, sleep and exercise.</i>	350
<b>Performance/Fat Loss Programs:</b> <i>Includes weight loss lab panel, 2 DEXA Scans, 1 VO2 Max test, 1 resting metabolic test, supplement support, nutrition plan and app, personalized fat zone and exercise plan, and 1 health coaching session.</i>	1,500+
<b>Comprehensive Wellness Program:</b> <i>Includes comprehensive lab panel, 1 DEXA Scan, 1 VO2 Max, 1 resting metabolic test, Oura Ring sleep tracker, 1st month's supply of core longevity supplements, 6 health coaching sessions and personalized health assessment and wellness plan developed by the Elevé medical advisory board.</i>	3,500+



**Elevé Plastic Surgery, MedSpa, Vitality**

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