

OUR MISSION

We are committed to providing individuals with the data, resources, and professional guidance to maximize “healthspan,” physically and mentally. We are dedicated to detecting, treating, and preventing age-related diseases and health problems. To help you reach your greatest potential, we offer a variety of customizable health assessments and plans.

Menu of Vitality Services

Comprehensive Program:

- Baseline intake assessment including:
 - Medical history
 - Lifestyle assessment
 - Basic physical by nurse practitioner
- DEXA scan for body composition
- Resting Metabolic Rate (RMR)
- Active Metabolic Rate (VO₂ Max)
- Extensive lab panel including:
 - Inflammation and general health markers
 - Complete Blood Count (CBC)
 - Complete Metabolic Panel (CMP)
 - Vitamin D 25-hydroxy
 - Vitamin B12
 - Homocysteine
 - Uric acid
 - C-reactive protein (high sensitivity)
 - Testosterone (tested for males only)
 - Cardiovascular markers
 - Lipid panel
 - Lipoprotein (a)
 - Thyroid function
 - Insulin resistance markers (hemoglobin A1C, 90-minute oral glucose tolerance test, and insulin response)
- Personalized plan based on Five Pillars of Health developed by our Medical Advisory Board
- Starter supply of longevity supplements
- Oura ring and six months of mobile app
- Myzone heart rate monitor
- Individual health coaching for next 5 consecutive months
 - 1 hour, in person or via telehealth, once per month with Health Coach
 - Phone/text check-ins between office visits
 - Continuous monitoring & plan adjustments from Medical Advisory Board

800/mo. for
6 months



Vitality VIP: Continue your journey to health optimization! As a Vitality VIP, you will continue receiving the same great Vitality benefits, including benchmarking progress, evolution of your individual action plan, and prescription management. Vitality VIP members receive:

- Monthly health coaching
- Quarterly choice of DEXA, VO₂ Max, or Resting Metabolic Rate assessments
- Repeat blood labs (quarterly customized rechecks and annual comprehensive panel)
- Prescription medication administration
- 15% off supplements online and at Elevé
- Continuous surveillance from the Medical Advisors

200/mo.

Baseline Testing & Action Plan: Gain access to all your individual health markers that make you unique with a personalized plan based on Vitality's Five Pillars of Health, without continued health coaching, supervision from the Medical Advisors, or follow-up progress tracking.

1500



Elevé MedSpa & Vitality

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Enhancements To Health & Wellness



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

Health Coaching: Accountability, education, and personalized coaching to help you reach your goals. 300+

Circle DNA Genetic Testing: From cancer risks to fitness regimens, understand and take control of your health with the world's most comprehensive DNA test. You will receive 115 disease risk reports; 60 diet, fitness, and wellness reports; 163 carrier condition reports; and two consultations with Circle DNA's genetic professionals. 500

Dexcom G6 Pro Continuous Glucose Monitor with Coaching Session: Our providers can prescribe a 10-day, 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. 350

Prolon Fasting Mimicking Diet: A scientifically designed 5-day dietary program that provides nourishment while "tricking" your body into a fasting state. With Prolon, you receive the many benefits of a fast, including cellular renewal and boosts to metabolic health, while still eating. To purchase, visit ProlonFMD.com and use HCP Code ProAWicklund to receive discounts and additional freebies. 140+

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

Supplements: We offer 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. TBD



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