

## Three example 'off-the-shelf' program structures:

	Bronze 	Silver 	Gold 
<b>Baseline health assessment</b>			
DEXA body composition scans	x2	x2	x3
Baseline blood test	√ (basic)	√ (basic plus)	√ (advanced)
Final blood tests	x	√ (basic)	√ (advanced)
Continuous Glucose Monitoring (CGM)	x	x	14 days
2x Health and symptom questionnaires	√	√	√
<b>Consultations (in person   online   phone)</b>	<b>240mins</b>		<b>90mins</b>
Introductory meeting (30 mins)	x1	x1	x1
Initial consultation (60 mins)	x1	x1	x1
Check-in consultations (45 mins)	None	x2	x4
Quick check-ins (15 mins)	Up to 3	Up to 5	Up to 10
<i>Option for additional 45-minute consultations at \$150</i>	Yes	Yes	Yes
<b>COST</b>	<b>\$595</b>	<b>\$960</b>	<b>\$1,750</b>

10-weeks to better health

Look good. Feel good.