



SIMPLE APPROACH. ROBUST RESULTS.

**START YOUR TRANSFORMATION
TO PERFORMANCE MEDICINE**

Look Good. Feel Better. Perform Well.



**CLASSIC
MEMBER**



A LOT MORE THAN A WORKOUT OR DIET

You need a lot more than just a workout or diet to accomplish your goals. That's why the OmniWellness Center was created.

Now you can accelerate your journey to optimal health while also getting the assistance of an actual medical team to help you **REACH YOUR GOALS.**

**ENJOY
ACCESS
TO THESE
BENEFITS:**



**PHYSICIAN
CARE**



**WORLD-CLASS
DIAGNOSTICS**



**METABOLIC
LABS**



**PERSONALIZED
PERFORMANCE
PLANS**



**PREDICTIVE
SUPPORT**



**NUTRITIONAL
ASSESSMENTS**



**PRESCRIPTIONS
& SUPPLEMENTS**



**HELPING PEOPLE
LOOK GOOD,
FEEL BETTER AND
PERFORM WELL.**

IT MAKES THE MOST SENSE FOR YOU TO HANDLE THESE THINGS WHILE YOU'RE IN WORKOUT MODE.

Are you just not feeling right? Looking for answers to your health questions? Are you feeling like you COULD be healthier? You now have access to the same kind of team that high-performance athletes do, at a fraction of the cost.

Get a Performance Blueprint built exclusively for YOUR desired performance outcomes.

WHILE THIS PROGRAM IS INTENDED FOR CLASSIC FITNESS MEMBERS, IT'S ALSO AVAILABLE TO EVERY MEMBER OF YOUR FAMILY.

Our predictive support could help you assess possible injuries or aid you in overcoming current ailments due to improper nutrition and/or physical training.

The OmniWellness Center can also help you lose weight, address health concerns like diabetes, or just help you make a plan to address your body's unique metabolic profile.



IT'S A SIMPLE APPROACH WITH ROBUST RESULTS.



LIVE LONGER

Many things can impact your life expectancy: cardiovascular disease, diabetes and more. With knowledge and effort, you can extend your life.



UNDERSTAND YOUR BODY

Learn how your unique metabolic profile plays a critical role in your current health problems and how to overcome them.



REACH YOUR GOALS

Whether it's a fitness training goal, addressing your diabetes or just losing weight, we can help you look and feel healthier.



OMNIWELLNESS CENTER CLASSIC MEMBERSHIP

Eight (8) Planned Classic Member Practitioner Meetings/Appointments PLUS Wellness and Nutrition Coaching

HORMONE AND HEALTH UPGRADE

- » **MEETING #1: INITIAL PERFORMANCE BLUEPRINT ASSESSMENT**
 - › Medical questionnaire
 - › Performance panel (metabolic labs)
 - » Hormone check
 - › Weight check
 - › Vitals
 - » EKG, PulseOx, blood pressure, etc.
 - › Introduction to wellness coaching and ongoing nutritional review
 - › Introduction to OmniHydration IV treatments
 - › Starter nutrient bundle
- » **MEETING #2: ASSESSMENT CHECK-IN AND PLAN CREATION [ONE MONTH]**
 - › Lab results
 - › Performance Blueprint program creation
 - › Prescriptions, as appropriate
 - » Nutrients
 - » Custom compounded items
- » **INTERACTION WITH WELLNESS COACH/NUTRITION [IN BETWEEN SESSION]**
 - › Coaching and progress feedback
- » **MEETING #3: CHECK-IN [FOUR MONTHS]**
 - › Update on Performance Blueprint progress
 - › Supplements, prescriptions, or modifications, as appropriate
- » **INTERACTION WITH WELLNESS COACH/NUTRITION [IN BETWEEN SESSION]**
 - › Coaching and progress feedback
- » **MEETING #4: CHECK-IN AND ANNUAL ASSESSMENT [EIGHT MONTHS]**
 - › Update on Performance Blueprint progress
 - › Customized metabolic labs
 - » Results of labs
 - › Supplements, prescriptions, or modifications, as appropriate
- » **INTERACTION WITH WELLNESS COACH/NUTRITION [IN BETWEEN SESSION]**
 - › Coaching and progress feedback
 - › Order metabolic lab work
- » **MEETING #5: CHECK-IN (NP) [12 MONTHS]**
 - › Update on Performance Blueprint progress
 - › Long-term plan creation
 - › Supplements, prescriptions, or modifications, as appropriate

ADHOC CLINICAL SUPPORT

- » Medical education sessions, videos and materials
- » Formulary prescription refills and pharmacy access
- » Performance Blueprint program modifications
- » OmniHydration IV treatments (**VIP 15% discount for Classic Members**)
- » Wellness and nutritional coaching

PRESCRIPTION AND SUPPLEMENT FORMULARY (VIP 10% discount for Classic Members)

- » Male vitamins and hormones
 - › Before and after 50 regiments
 - » Nutrients
 - » Supplements
- » Female vitamins and hormones
 - › Before and after 50 regiments

CLASSIC MEMBERSHIP BENEFITS

- » Classic Membership card
- » OmniWellness Center Classic Member performance shirt
- » OmniWellness Center Classic Member insulated water bottle
- » Special Access:
 - › Annual education session
 - › Weekly Best Life Newsletter
 - › Best Life video education library

SIMPLE APPROACH. ROBUST RESULTS.



OMNIWELLNESS CENTER MAINTENANCE MEMBERSHIP

\$298/MONTH
MEMBERSHIP

Available to Elite and Classic members
after initial membership period.

- » Access to video and medical education support
 - › Weekly mindset video
- » Email newsletter with program support information
 - › Weekly Best Life Tip
- » Supplement Discount (10%)
- » OmniHydration discount (10%)
- » One (1) annual provider visit
- » Extra provider sessions available for Performance Blueprint reviews (pay per session)
- » Wellness and nutrition coach access (pay per session)



JOIN
TODAY!

PERFORMANCE MEDICINE AT THE OMNIWELLNESS CENTER

HOW IT WORKS

As an OmniWellness Classic Member, you can see a performance physician within minutes, complete a benchmark assessment, review your fitness plan, coordinate with your trainer, and obtain appropriate prescriptions for programmatic supplements and medications. This streamlining maintains your routine and saves you an incredible amount of time over alternative methods of support. You can access the OmniWellness Center any time during regular hours of operation.

Enroll today in the OmniWellness Classic Member program and start on your path to OPTIMAL health and wellness. Our physician-led program engages your body to proactively solve health issues from your metabolic level and up, crafting a P4 Performance Blueprint to guide your actions toward a healthier, optimal YOU!

“OUR PRIMARY GOAL IS TO HELP YOU LOOK GOOD, FEEL BETTER AND PERFORM WELL.”

PROGRAM BENEFITS AND YOUR SUCCESS

Step into the transformation of your health and wellness with our performance medicine P4 protocols. We have curated a specialized performance program of physician support, metabolic assessment, and lab diagnostics tailored specifically to address your personal goals. Working in tandem with our health and wellness coaches and dietician, we introduce the Performance Blueprint program that will elevate your health, wellness and performance. Balancing your exercise regiment, nutrition, health guidance, and personalized supplement and prescription plan, we will help you meet your personal, professional and athletic goals.

CLASSIC MEMBERSHIP PRICING TIERS AND INCLUSIONS

The OmniWellness Center P4 Performance Blueprint program is an annual planning, assessment and health/wellness tracking program that includes:

- » Initial benchmark assessment and plan
- » Metabolic lab diagnostic assessment
- » Personalized P4 Performance Blueprint plan
- » Curated nutritional plan
- » Quarterly assessment and planning check-ins
- » Alignment with our dietician and wellness coach's regiment and performance plan
- » Free quarterly B12 injection
- » Programmed prescriptions and supplements starter kit
- » Weekly *Best Life* newsletter

Ⓢ Annual program membership is paid up front each year.



GET STARTED TODAY

Meet with an OmniWellness Center Membership Guide TODAY.

Schedule your membership introduction and begin your wellness journey based on YOUR metabolic profile.

Your optimal health awaits!



CLASSIC MEMBER

TERMS AND CONDITIONS

Annual program fee due at commencement of membership. Monthly payment option is available through CareCredit. OmniWellnessCenter is not health insurance and our program is not intended to replace your primary care provider. Membership includes access to the OmniWellnessCenter physician, nurse practitioner, dietician, wellness coach, ongoing telemedicine-based program support, prescriptions and supplements that are appropriate for you, and the programmed appointments, tests, and benchmark assessments.