



Omni
WELLNESS
CENTER™

SIMPLE APPROACH. ROBUST RESULTS.

**START YOUR TRANSFORMATION
TO PERFORMANCE MEDICINE**

Look Good. Feel Better. Perform Well.



**ELITE
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**



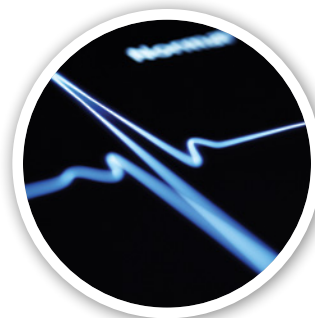
**WORLD-CLASS
DIAGNOSTICS**



**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 THE MODE OF PROACTIVE HEALTH AND WELLNESS.

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 ELITE 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 progress toward your optimal health, lose weight, address conditions 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 ELITE MEMBERSHIP

12 Planned Elite Member Practitioner Meetings/ Appointments PLUS Wellness and Nutrition Coaching

TOTAL HEALTH RESET

» MEETING #1: INITIAL PERFORMANCE BLUEPRINT ASSESSMENT (NP)

- › Medical questionnaire and outcomes assessment
- › Performance Panel (metabolic labs)
 - » Adrenal check
- › Weight check
- › Vitals
 - » EKG, PulseOx, blood pressure, etc.
- › Introduction to wellness coaching and ongoing nutritional review
- › Introduction to OmniHydration IV treatment availability and menu
- › Starter nutrient bundle

» MEETING #2: ASSESSMENT CHECK-IN AND PLAN CREATION (DOCTOR) [START OF MONTH 2]

- › Lab results assessed and reviewed
- › Performance Blueprint program creation
- › Supplements and prescriptions, as appropriate
 - » Hormones
 - » Nutrients
- › Custom compounded items
- › OmniHydration IV Vitamin C

» INTERACTION WITH WELLNESS COACH/NUTRITION [IN BETWEEN SESSION]

- › Coaching and progress feedback
- › Order cut check

» MEETING #3: CHECK-IN (NP) [TWO MONTHS]

- › Update on Performance Blueprint progress
 - » Digestive tract (gut) check review
- › Prescriptions or modifications, as appropriate

» INTERACTION WITH WELLNESS COACH/NUTRITION [IN BETWEEN SESSION]

- › Coaching and progress feedback
- › Order organics test

» MEETING #4: CHECK-IN (DOCTOR) [TWO MONTHS]

- › Update on Performance Blueprint progress
 - » Organics test review
- › 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) [TWO 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

» MEETING #6: ANNUAL PHYSICAL REVIEW AND ASSESSMENT (DOCTOR)

- › Progress review
- › Planning for the next phase

ADHOC CLINICAL SUPPORT

- » On-demand email access to physician support/coaching
- » Medical education sessions, videos and materials
- » Formulary prescription refills and pharmacy access
- » Performance Blueprint program modifications
- » OmniHydration IV treatments (**VIP 25% discount for Elite Members**)
- » Wellness and nutritional coaching

PRESCRIPTION AND SUPPLEMENT FORMULARY (VIP 15% discount for Elite Members)

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

ELITE MEMBERSHIP BENEFITS

- » Elite Membership card
- » OmniWellness Center Elite Member performance shirt
- » OmniWellness Center Elite Member insulated etched water bottle
- » Special Access:
 - › Weekly *Best Life* newsletter
 - › Quarterly education sessions
 - › Annual updates
 - › Special access to *Best Life* video educational series
 - › Online tips

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 Elite Member, you can see a performance physician within minutes, complete a benchmark assessment, review your elite fitness plan, coordinate with our dietician and wellness coach, 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. This 12-month program ignites your health and wellness journey and is programmed specifically for your metabolic profile and outcome goals.

Enroll today in the OmniWellness Elite 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 wellness coaches and dietitians, we introduce the P4 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.

ELITE 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
- » Specialized testing of your adrenal gland, digestive tract, and hormone levels
- » Personalized P4 Performance Blueprint plan
- » Curated nutritional plan
- » Quarterly assessment and planning check-ins
- » Alignment with your wellness coach's regiment and performance plan
- » Free monthly B12 injection
- » Programmed prescriptions and supplements starter kit
- » Timely instructional videos
- » 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!



**ELITE
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.