

EXECUTIVE HEALTH PROGRAM

CORE SERVICES

COMPREHENSIVE MEDICAL EXAMINATION

Review of medical history

Electrocardiography (EKG)

Audiometry (hearing) test

Pap test (for women only)

Athletic Trainer Consult and Movement Screening

PREVENTIVE SCREENINGS

Chest X-Ray

to screen for spots on lungs or other irregularities

Spirometry

to detect respiratory health and lung function

Exercise Stress Test

to evaluate heart health

COMPREHENSIVE LAB ASSESSMENT

Urinalysis

to detect kidney disease and infection

CBC with Differential

to detect anemia, blood diseases, and infection

Comprehensive Metabolic Profile and a complete chemistry panel

to detect kidney disease, diabetes, and liver disease

Lipid Panel

to profile blood cholesterol levels

Thyroid Stimulating Hormone

to detect an under or over-active thyroid

C-Reactive Protein (high-sensitivity)

to detect an inflammatory marker that may show risk for coronary artery disease

Hepatitis C screening (if born between 1945 and 1965) -

Prostate Specific Antigen (for men only)

to detect prostate cancer or prostate enlargement for males over 40

\$3,000

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ADDITIONAL SERVICES

SCREENINGS	COST
CT calcium scoring	\$158.00
CT lung cancer screening	\$942.00
Carotid ultrasound	\$542.00
Abdominal aortic aneurysm ultrasound screening	\$354.00
Mammogram (women only)	\$662.00
Echocardiogram	\$1,281.00
Colonoscopy	\$3,000.00
Hepatitis C antibody	\$117.00
Fecal Immunochemical Test (FIT)	\$72.00
Comprehensive eye exam	\$140.00
VACCINES	
COVID-19 (Pfizer)	\$0.00
Influenza	\$15.00
Influenza High Dose > 65 y/o	\$44.63
Prevnar-13 (Pneumonia)	\$179.30
Pneumovax (Pneumonia)	\$91.67
Tdap (Tetanus, Diphtheria, Pertussis)	\$35.17
Travel vaccine evaluation	Prescription Cost

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HEALTH AND WELLNESS INSTITUTE PACKAGE OPTIONS

WEST ASHLEY PACKAGE (BASE PACKAGE)	COST
Initial Health Coach Consult <i>Meet with our health coach to evaluate your overall wellness and identify areas for improvement</i>	\$ 150.00
Initial Nutrition Consult (Registered Dietician Consult) <i>Evaluate your current nutrition and create a nutrition plan with our dietician</i>	\$ 150.00
Total \$ 300.00	

JUMP-START YOUR HEALTH	\$ 335.00
Screening - Body Composition, Evolt	
Consult - Athletic Trainer	30 min
Consult - Health Coach	60 min
Class - Mindfulness	30 min

HEALTHY GOAL SETTING	\$ 485.00
Screening - Body Composition	-
Consult - Health Coach	60 min
Goal Setting Session - RD Consult and Evaluation	
Wellness Dietician Consult	60 min
Goal Setting Session - Athletic Trainer Consult and movement screen <i>With A.T. Mike Sole to set individualized fitness goals</i>	45 min

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CUSTOMIZE YOUR PACKAGE

A LA CARTE	COST
Evolt (Body composition screening and evaluation)	\$ 25.00
DARI Motion Capture <i>Combines innovative motion capture technology to provide data about how you move.</i>	\$250.00
Health Coach one-on-one Coaching	60 mins \$ 150.00
Nutrition Consult	\$ 150.00

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CUSTOMIZE YOUR PACKAGE - CONTINUED

Nutrition Follow-up session	30 mins	\$ 50.00
Meal Planning Sessions		\$ 75.00
Meal Planning Sessions		\$ 75.00
Mental Performance Coach		\$ 500.00
Gut Microbiome Test		\$ 180.00
Gut Health Program		\$ 300.00
Mental Wellness Consult		\$ 90.00
<i>Provide Assessment, education, tools and practical coping strategies to manage daily life stressors</i>		
Yogic Breathing	30 mins	\$ 50.00
Yogic Breathing	60 mins	\$ 75.00

Athletic Trainer Consult and Movement Screen Consult for the Athlete \$ 200.00
Initial consultation w/ client regarding their athletic or sport specific goals. Range of motion, strength, and movement screen. Tour of recovery room and body composition analysis. After your consult, book the "Athletic Trainer 1:1 Sessions"
to work towards the goals you set during the consult.

Athletic Trainer Consult and Movement Screen Consult \$ 150.00
Initial consultation with client regarding their exercise goals via range of motion, strength, and general movement screen. Includes tour of recovery room and recovery modalities, and body composition screening and evaluation. After your consult, book the "Athletic Trainer 1:1 Sessions" to work towards the goals you set during the consult.

Athletic Trainer one-on-one (Follow-up session) \$ 125.00

RECOVERY MODALITIES

Recovery: Red Light Therapy	15 min	\$ 25.00
Recovery: Ached Away Cups	15-20 min	\$ 30.00
Recovery: Traditional Cupping/ Red Light Cupping Therapy	15-20 min	\$ 20.00
Recovery: Normatec Boots	20 min	\$ 15.00
Recovery: Manual Therapy	20 min	\$ 40.00
Recovery: Graston	10-15 min*	\$ 20.00
Recovery: MarcPro	30 min	\$ 20.00

*time determined at session