

Success with Attainable Goals

If you are tired of trying everything but seeing no results, or you feel stuck in your journey towards a healthier lifestyle, our Healthy Living Program is tailor-made for individuals like you. Break free from the cycle of frustration and make a lasting change to your life!



What You Can Expect:

- **Personalized 1:1 Health Coaching:** Receive individualized guidance and support from our experienced health coaches who understand your unique challenges.
- **Weight Loss Medication Support:** If it aligns with your values and medical history, access support for weight loss medications. We can also offer recommendations for support with supplements.
- **Customized Recommendations For Labs:** Gain insights into your health with tailored recommendations for lab tests to track your progress effectively.
- **Accountability and Support:** Stay on track with regular check-ins and encouragement from our caring medical providers.




Start your transformative
journey today!

Our Healthy Living Program

We believe that achieving optimal health shouldn't come with a hefty price tag. That's why our Healthy Living Program offers transparent pricing options to make quality healthcare accessible to all.

Program	Program Description	What is tested, how it is collected	Turn around time to get results	Pricing
Healthy Living Assessment Program	<p>Best for assessing metabolic health and changing health metrics.</p> <p>At this visit, find out if adding our RX Path is right for your goals!</p>	<p>Bloodwork, fasting</p> <p>Recommended: Expanded DOPC lab panel for baseline-Membership Discount price \$157</p>	<p>3 days for labs; 60min visit for lab review and goal setting; discuss supplements and lifestyle changes to implement.</p>	\$150
Healthy Living Coaching	<p>Best for long term success in health behavior change</p>	<p>Recommended Quarterly lab panel; DOPC Healthy Living Program Maintenance Labs Membership Discount price \$55</p>	<p>3 days for labs; 30min visits</p>	\$99
Healthy Living Coaching with RX Path	<p>Best for those looking for GLP-1 Injectible medication-compounded Semaglutide or Tirzepatide</p>	<p>*Includes compounded GLP-1 medication mailed to your home</p> <p>*Visits recommended monthly. Medication not refilled outside of a visit</p>	<p>3 days for labs; 30min visits</p>	Starting at \$450 per visit



“I'm a 45 year old mother of four, a long term patient of Dr. Brie and I started the Healthy Living Program with Cat about 6 months ago. Over the past 20 years, between pregnancies and chronic illness, I've fluctuated between a size 7 and a size 22. After growing up in an overly weight conscious household I've always been very anti diet culture and purposely had not kept a scale at home to be able to focus more on how I was feeling than on a specific number. After my health took a downturn about 4 years ago, I spent more days in bed than out due to pain and complications that affected my ability to exercise and take care of myself. Thankfully I'm now on the mend, but that time period not only resulted in weight gain and physical deconditioning but also a prediabetic diagnosis as I enter perimenopause. I knew that I needed extra support in getting active again and doing whatever I could to prevent diabetes, but I was hesitant on embarking on a weight loss journey after working so hard to heal from some of the

body shaming that I grew up with. Cat has not only been **compassionate while listening to my concerns, but she's been helping me meet my own health goals on a realistic timeline** in a way that I feel seen and supported. While I still have a way to go to meet all my goals, since starting the Healthy Living program my Glucose and A1c labs are no longer in the prediabetic range, I'm more active than I have been in years and I've lost over 20 pounds. Seeing real measurable progress has been super encouraging!”



Find Your Path To Successful, Lasting Change

Take part in our **Healthy Living Program** in order to...

- **Feel Comfortable in Your Body:** Confidently embrace a healthier lifestyle that is tailored for you.
- **Meet Your Custom Health Metrics:** From lowering your A1C to helping you manage your weight, we're here to support you in achieving and exceeding your health targets.
- **Overall Healthier Day-to-Day Living:** Experience increased energy, improved mood, and enhanced quality of life as you make sustainable changes.

Please Keep In Mind:

- Our program is exclusively available to members.
- Our base primary care membership is required for 6 months for any members that participate in our Healthy Living program. This commitment ensures dedicated support throughout your journey.
- Take the first step towards a healthier future by joining our base primary care membership. We help our members meet their health goals by utilizing a unique holistic lens to make lifelong sustainable changes.

