

# BEVERLY HILLS

CONCIERGE SERVICE

HEALTH & WELLNESS RETREAT PACKAGES



*Executive Health Exam and Healthy Lifestyles Makeover*

*Receive a comprehensive physical and highly personalized blueprint of nutrition, fitness, and stress management.*

*Our Executive Health Exam and Healthy Lifestyle Makeover Retreat Packages go way beyond the typical wellness offerings.*

*It's an education in how to live well for years to come.*



# *What Sets Us Apart From Other Health and Wellness Programs?*

*Our Renowned Team of Wellness Experts*

*Good health involves more than a good doctor. You consult with our board-certified doctors as well as our renowned team of registered dietitians, exercise physiologists, physical therapists and behaviorists.*





# *Cutting-Edge-Science Care*

*You receive full, preferential, and immediate access to internationally recognized health experts and state-of-the-art exercise equipment and technology.*

## *VIP Treatment and Streamlined Care*

*We're all about providing busy individuals with a highly personalized yet amazingly efficient health care experience.*

*Whatever you need, you'll receive in a timely, VIP manner, from our Town Car transportation to concierge services that escort you through your entire schedule.*

# *Paradise Retreats*

*Our luxurious hospitality partners offer numerous amenities, including complete spa therapies and an abundance of gourmet heart-healthy cuisine.*

*We offer our guests an option to stay at several 5 star hotels located in Beverly Hills, California.*

*(List upon request).*

## *Full Follow-Up Report*

*When all your medical data have been thoroughly reviewed, you will receive a comprehensive report and lifestyle recommendations on both electronic media and paper.*

*It will stimulate follow-up discussion with our physician, who will also be pleased to communicate with your local primary healthcare providers.*



# *Executive Health Exam Details*

*(3-Day Program)*

*The exam's duration generally take three days. The standard fee for the Executive Health Exam includes medical services. The hotel accommodations with one of our hospitality partners are available for an additional fee.*

*Guests will receive a comprehensive health history and physical by our board-certified doctor. This consultation focuses on your personal health issues and launches a highly individualized plan of lifestyle and health enhancement.*

*Take your annual check-up to an entirely new level of sophistication, thoroughness and follow-through with this state-of-the-art health assessment.*

# ***Your Executive Health Exam includes:***

***30-Minute pre-arrival phone interview with our medical team leader***

***60-Minute initial consultation and comprehensive history and physical by your personal EHC doctor***

***60-Minute nutrition consultation focused on your personal history and goals***

***60-Minute healthy lifestyle consultation with a life management therapist***

***60-Minute consultation with an exercise physiologist to define a personalized fitness program***

***Musculoskeletal evaluation by a licensed physical therapist***

***Musculoskeletal mobility and strength screening***

***Evaluation and treatment of pain during exercise or daily activities***

***Body fat composition test***

***Extensive diagnostic testing, including:***

- Blood chemistry and CBC***
- Cholesterol testing, including particle size, homocysteine and lipoprotein***
- Iron stores***
- C-reactive protein***
- Hormone panel***
- Full thyroid panel***
- Diabetes testing***
- Vitamin levels***
- Urinalysis***

***30-Minute phone wrap-up session with physician***

***30-Minute post-departure phone follow-up with physician to review and summarize test results and recommendations***

***Please Note:** Additional recommendations may be made to address personal health issues.*



# *Healthy Lifestyle Makeover Details*

*(5-Day Program)*

*The exam's duration generally take five days. The standard fee for the Healthy Lifestyle Makeover includes medical services. The hotel accommodations with one of our hospitality partners are available for an additional fee.*

*An experienced team of EHC specialists guides you through new approaches to diagnosis and treatment of weight problems. The latest clinical advances are available to help balance hormones and chemistry, and evaluate behavior that governs eating patterns and weight loss or gain.*

*This approach goes far beyond the frenzy of high-carb/low-carb, high-fat/low-fat and other confusing diets and unlocks the door to healthy weight, increased energy and optimal aging. Support for your new, healthy patterns after your return home is included.*



# ***Your Healthy Lifestyle Makeover Package includes:***

***30-Minute pre-arrival Interview with our medical team leader***

***60-Minute personalized consultation with an EHC doctor and summary***

***60-Minute consultation with the EHC nutritionist and take-home meal plan***

***2 One-hour consultations with an EHC life management therapist to strategize changes and assess efficacy***

***4 One-hour workouts with a EHC master trainer***

***60-Minute consultation with an exercise physiologist to define a personalized fitness program***

***60-Minute muscle specific soft tissue work***

***Musculoskeletal evaluation by a licensed physical therapist***

***Musculoskeletal mobility and strength screening***

***Evaluation and treatment of pain during exercise or daily activities***

***30-Minute injury prevention consultation***

***Body fat composition test***

***Extensive diagnostic testing, including:***

- Blood chemistry and CBC***
- Cholesterol testing, including particle size, homocysteine and lipoprotein***
- Iron stores***
- C-reactive protein***
- Hormone panel***
- Full thyroid panel***
- Diabetes testing***
- Vitamin levels***
- Urinalysis***

***1 Specialty test: Inflammatory Food Test***

***2 Nutrient IVs***

***2 Nutrient injections***

***30-Minute wrap-up phone session with your EHC doctor***

***30-Minute post-departure phone follow-up with the EHC doctor to review and summarize test results and recommendations***

***Please Note:** Additional recommendations may be made to address personal health issues.*



*Beverly Hills Concierge Service is dedicated to improving your health and providing you with easy access to the leading health and wellness experts in the world.*

*As a courtesy, we will book your stay with one of our luxury hotel partners located in Beverly Hills, California. Private car service and security teams are available upon special request.*

*Take the first step to changing your life forever and schedule your health and wellness retreat package.*



# BEVERLY HILLS

CONCIERGE SERVICE

PRIVATE SERVICES FOR THE VERY PUBLIC PERSON

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