

# THE PROCESS



## IT'S NICE TO MEET YOU

Our virtual team helps gather just enough info to learn more about you and to get you onboarded with the right health and wellness team.

## GETTING TO KNOW YOU

We schedule an initial (digital) appointment to learn more about your preventative, treatment and recovery goals and get you started on your unique, individualized health program.



## DISCOVERING YOUR ROOT CAUSES

Meet with our affiliated functional doctors and health coaches to uncover the root cause of your body's symptoms, set clear goals for your health program and establish an integrative approach to restoring your health.

## EMPOWERING YOUR HEALTH & FUTURE

As part of your integrative approach to health & wellness, meet with a dietician to help create a customized nutritional plan to help support your health needs and goals.

