

Month 1: Onboarding and Initial Discovery

[9/1/25, 3:10 PM] Aisha Sharma: Hi Ruby, Aisha here. I'm ready to get started. My main goal is to get a handle on my energy levels. I'm constantly exhausted, and I think it might be related to hormonal changes.

[9/1/25, 3:15 PM] Ruby (Elyx Concierge): Hi Aisha, great to hear from you! We're excited to have you on board. That's a very common concern, and we can definitely help you get to the bottom of it. Are you noticing any other changes, like with your sleep or mood?

[9/1/25, 3:18 PM] Aisha Sharma: Definitely sleep. I wake up a few times a night and can't get back to sleep. And yes, my mood has been all over the place.

[9/1/25, 3:25 PM] Ruby (Elyx Concierge): Thanks for sharing that, Aisha. I'm flagging this for Dr. Warren to review. He'll likely want to do a comprehensive hormone panel to see what's going on.

[9/2/25, 11:00 AM] Dr. Warren (Elyx Medical): Aisha, Dr. Warren here. Based on your initial concerns, I agree that a deep dive into your hormonal health is the right place to start. We'll also look at key vitamins and minerals that can impact energy and sleep.

[9/2/25, 11:05 AM] Aisha Sharma: Sounds good, Dr. Warren. What's the process for that?

[9/2/25, 11:10 AM] Ruby (Elyx Concierge): I'm sending you the lab requisition form for the tests Dr. Warren needs. You can take it to any lab of your choice. You'll just need to fast for 12 hours beforehand.

[9/4/25, 9:00 AM] Aisha Sharma: I'm traveling to Hong Kong next week. I'll get it done when I get back.

[9/4/25, 9:02 AM] Ruby (Elyx Concierge): Perfect. Just upload the report to the portal whenever you have it. Safe travels!

[9/15/25, 2:30 PM] Aisha Sharma: Hi Ruby, back from my trip. I'm planning to get the blood test done on Thursday morning.

[9/15/25, 2:36 PM] Ruby (Elyx Concierge): Great, thanks for the update!

[9/18/25, 2:00 PM] Aisha Sharma: Hi team, I've just had the blood tests done and have uploaded the report to the portal.

[9/18/25, 2:01 PM] Ruby (Elyx Concierge): Received! Thank you, Aisha. Dr. Warren will review this and get back to you with his analysis.

[9/25/25, 4:00 PM] Dr. Warren (Elyx Medical): Aisha, I've reviewed your bloodwork. As we suspected, your progesterone levels are quite low, and your cortisol is on the higher side, which is likely contributing to your sleep issues. We've also found that you're low in Vitamin D and Magnesium.

[9/25/25, 4:05 PM] Aisha Sharma: That makes sense. What's the plan?

[9/25/25, 4:10 PM] Dr. Warren (Elyx Medical): Carla will work with you on a nutrition plan to support hormone balance and boost your vitamin levels. I'm also recommending a high-quality magnesium supplement to take before bed. Advik will also be in touch about getting you set up with a wearable to track your sleep and recovery.

Month 2: Laying the Foundation

[10/1/25, 10:00 AM] **Carla (Elyx Nutrition)**: Hi Aisha, Carla here. Following up on Dr. Warren's note about supplements, we recommend a form called Magnesium Glycinate for its sleep benefits. I've added a couple of high-quality brands to your portal with links to where you can purchase them.

[10/1/25, 10:05 AM] **Aisha Sharma**: Great, thank you. I'll order one today. Now, about the nutrition plan...

[10/1/25, 10:06 AM] **Carla (Elyx Nutrition)**: Yes, I've put together a plan for you that focuses on whole foods, healthy fats, and lean protein. The plan includes simple guidelines and recipe ideas that should be easy for you to follow or relay to your cook. Let me know if any questions come up.

[10/3/25, 2:00 PM] **Advik (Elyx Lifestyle)**: Hi Aisha, Advik here. To get a better handle on your sleep, I'd recommend an Oura ring. It's great for tracking sleep stages, heart rate variability, and body temperature.

[10/3/25, 2:05 PM] **Aisha Sharma**: I've heard good things about the Oura ring. Where do you recommend I get one?

[10/3/25, 2:06 PM] **Ruby (Elyx Concierge)**: The best place is directly from their official website. I've just added the link to your portal to make it easy for you to find.

[10/10/25, 9:00 AM] **Aisha Sharma**: My Oura ring arrived. I'm all set up!

[10/10/25, 9:05 AM] **Advik (Elyx Lifestyle)**: Great! It'll take a couple of weeks to get a baseline, but we'll start getting some really useful data.

[10/15/25, 3:30 PM] **Aisha Sharma**: Hi Rachel, I'd like to start incorporating more strength training. I'm concerned about osteoporosis, as my mother has it.

[10/15/25, 3:35 PM] **Rachel (Elyx PT)**: That's a fantastic goal, Aisha. Strength training is one of the best things you can do for bone density. I'll put together a foundational plan for you that we can build on.

[10/20/25, 11:00 AM] **Aisha Sharma**: Just did my first workout from Rachel's plan. It was tough but I feel great!

[10/20/25, 11:05 AM] **Rachel (Elyx PT)**: Awesome! Remember to focus on your form. We'll gradually increase the intensity as you get stronger.

Month 3: Building Momentum and First Review

[11/5/25, 9:30 AM] **Advik (Elyx Lifestyle)**: Hi Aisha, I've been looking at your Oura data. Your sleep is definitely still fragmented, but we're seeing some small improvements in your deep sleep since you started the magnesium.

[11/5/25, 9:35 AM] **Aisha Sharma**: I have noticed I'm not waking up quite as often.

[11/10/25, 2:00 PM] **Carla (Elyx Nutrition)**: Aisha, how are you finding the new nutrition plan?

[11/10/25, 2:05 PM] **Aisha Sharma**: It's been going well. I'm feeling more energetic.

[11/18/25, 4:00 PM] Neel (Elyx Concierge Lead): Hi Aisha, Neel here. We're coming up on your first three-month review. We'll need you to do another blood panel to see how your hormone and vitamin levels are responding to the changes we've made.

[11/18/25, 4:06 PM] Ruby (Elyx Concierge): Hi Aisha, following up on Neel's message, I've just uploaded the new lab requisition form to your portal for the 3-month review. Please have this done when you have a free morning.

[11/22/25, 1:30 PM] Aisha Sharma: Got it. I'll get it done early next week. Thanks!

[11/25/25, 3:00 PM] Aisha Sharma: Report for the 3-month test is uploaded!

[11/28/25, 3:00 PM] Dr. Warren (Elyx Medical): Aisha, your three-month results are in, and we're seeing some positive changes. Your Vitamin D levels are back in the optimal range, and your progesterone has increased. Your cortisol is still a bit high, which is something we'll continue to work on.

[11/28/25, 3:05 PM] Aisha Sharma: That's great news!

Month 4: Introducing New Strategies

[12/5/25, 11:00 AM] Advik (Elyx Lifestyle): Aisha, to help with your cortisol levels, I'd like to introduce a simple breathing exercise. It's called box breathing, and it can be really effective for managing stress.

[12/5/25, 11:05 AM] Aisha Sharma: I'm willing to try anything!

[12/10/25, 9:00 AM] Rachel (Elyx PT): Aisha, you're making great progress with your strength training. I'm going to update your plan to include some new exercises and increase the weights slightly.

[12/15/25, 2:30 PM] Aisha Sharma: Hi all, I'm traveling to London for a week. Any tips for staying on track?

[12/15/25, 2:35 PM] Carla (Elyx Nutrition): That's great to plan ahead for. For London, there are some excellent healthy chains to look out for, like Pret A Manger or Leon, which are usually easy to find. I'll also send you a guide with tips on making healthy choices with common British pub food and what keywords to search for in food delivery apps.

[12/15/25, 2:40 PM] Advik (Elyx Lifestyle): The time difference will be a challenge for your sleep. Try to get on London time as quickly as possible, and use your breathing exercises if you're feeling stressed.

Month 5: Overcoming a Setback

[1/5/26, 10:00 AM] Aisha Sharma: I'm back from London and feeling completely off. My sleep is a mess again.

[1/5/26, 10:05 AM] Advik (Elyx Lifestyle): That's not surprising after a long trip. Your Oura data shows a significant disruption to your sleep patterns. Let's focus on getting you back into your routine.

[1/10/26, 3:00 PM] Aisha Sharma: I'm feeling so discouraged. I thought I was making progress.

[1/10/26, 3:05 PM] Neel (Elyx Concierge Lead): Hi Aisha, it's completely normal to have setbacks, especially with travel. The important thing is that we have the data to see what's happening and we can adjust your plan accordingly. Don't lose sight of the progress you've already made.

[1/20/26, 11:30 AM] Advik (Elyx Lifestyle): Aisha, I'm seeing your sleep patterns start to normalize again. You're getting back on track.

[1/20/26, 11:35 AM] Aisha Sharma: I'm feeling a bit better. Thanks for the encouragement.

Month 6: Second Review and a New Focus

[2/5/26, 2:00 PM] Ruby (Elyx Concierge): Hi Aisha, it's about time for your six-month review. I'm sending over the requisition for your six-month blood panel now.

[2/10/26, 11:15 AM] Aisha Sharma: Thanks Ruby. I'll get this done by the end of the week.

[2/13/26, 4:00 PM] Aisha Sharma: Hi! Just uploaded my 6-month blood test results.

[2/15/26, 4:00 PM] Dr. Warren (Elyx Medical): Aisha, your six-month results are looking really good. Your progesterone levels are now in the optimal range, and your cortisol is coming down.

[2/15/26, 4:05 PM] Aisha Sharma: That's fantastic!

[2/20/26, 10:00 AM] Rachel (Elyx PT): Aisha, since you're doing so well with your strength training, I'd like to get a baseline of your bone density with a DEXA scan.

[2/20/26, 10:05 AM] Aisha Sharma: Yes, let's do that. How do I go about it?

[2/20/26, 10:07 AM] Ruby (Elyx Concierge): Hi Aisha, you can search online for 'DEXA scan Singapore' to find diagnostic or sports performance clinics. The main thing is to ensure they can provide a full body composition report. Let us know what you find, and once it's done you can upload the report to the portal.

Month 7: Fine-Tuning and Deeper Insights

[3/2/26, 2:00 PM] Aisha Sharma: Hi team, I was able to get a DEXA scan booked and done this morning. The report is now in the portal.

[3/5/26, 3:00 PM] Rachel (Elyx PT): Thanks for uploading the DEXA report, Aisha. I've reviewed it, and your bone density is in the healthy range. This is great news and shows that your strength training is having a positive effect.

[3/10/26, 11:00 AM] Carla (Elyx Nutrition): Aisha, I've been looking at your food logs, and I'd like to suggest a small change. Let's try shifting your last meal of the day a bit earlier. This can sometimes help with sleep quality.

[3/15/26, 9:00 AM] Aisha Sharma: I've been trying the earlier dinner time, and I think it's helping. I'm not feeling as full when I go to bed.

[3/20/26, 2:00 PM] Advik (Elyx Lifestyle): Aisha, your Oura data is showing a consistent improvement in your sleep latency – the time it takes you to fall asleep. This is a great sign.

Month 8: Sustaining Progress and Looking Ahead

[4/5/26, 10:00 AM] Neel (Elyx Concierge Lead): Aisha, as we come to the end of your eighth month, I just wanted to say how impressed we are with your dedication and progress. You've made significant improvements in your sleep, energy levels, and overall well-being.

[4/5/26, 10:05 AM] Aisha Sharma: Thank you, Neel. I'm feeling so much better than when I started. I couldn't have done it without the whole team.

[4/10/26, 2:00 PM] Dr. Warren (Elyx Medical): Aisha, as we look ahead, we'll continue to monitor your hormone levels and make adjustments to your plan as needed. The goal is to keep you feeling your best as you navigate this next phase of your life.

[4/15/26, 11:30 AM] Aisha Sharma: I'm excited to see what the next few months bring. Thanks for everything!