

A background photograph of a man and a woman smiling warmly at each other. They are in a bright room with large windows. The man has a beard and is wearing a dark t-shirt. The woman has long hair and is wearing a light-colored t-shirt.

1st Optimal

Hormones • Performance • Weight Loss

Your Lab Results Overview

Questions? Let's Talk!



1stOptimal.com

“Optimize You, Uplift Others.”

Who We Are

1st Optimal helps women and men optimize health through personalized plans integrating lifestyle, exercise, supplementation, nutrition, and medications. As a cutting-edge telehealth platform, we offer tailored hormone therapy, precision weight management, and performance-driven care—all designed to help you thrive from home.

5 Things to Know

1. Unlike traditional medicine, which focuses on treating symptoms and illnesses, our approach is proactive and personalized, optimizing your health based on functional ranges.
2. Lab values outside the optimal range do not necessarily indicate disease but may suggest areas that could benefit from targeted support.
3. Your results serve as a guide to help optimize your biomarkers, prevent dysfunction, and enhance overall performance.
4. Our expert clinical team carefully reviews your labs to determine eligibility for therapies and recommend necessary interventions. Any key findings will be discussed in detail during your 1:1 consultation with your clinician or coach.
5. If a prescription is needed, it will be provided by a licensed clinician based on your individualized assessment.

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Thank You!

► Your Next Step

Schedule your virtual call to take a deep dive into your results and what they mean to you. Your results will be used to build a custom treatment plan with our medical team.

Questions? Let's Talk!

 (816) 744-6814

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