



Comprehensive Lifestyle Consultation \$600

- Body Composition Analysis
- History Including Detailed Family Review
- Physical and Wellness Exam
- Point of Care Ultrasound: Vascular Health and Hepatic Evaluation
- EKG
- Metabolic Evaluation including Lab Work: Insulin Resistance Evaluation with Diabetes Risk Assessment
- Vo2 Max Testing (Cardiopulmonary Fitness)
- Functional Motion Screen
- Strength Evaluation
- Comprehensive Longevity Planning: Nutrition, Activity, and Risk Mitigation Plan
- Cancer Risk Screening
- Baseline Cognitive Screening for People over 50

Longevity Membership \$135/month: Aggressive Management for Lifestyle Change

Must have had a Lifestyle Consultation in the last 12 months.

- Monthly Body Composition Analysis
- Once a month 30min check-in with Dr. McNab
- Text, Email, or Call the office (access to Dr. McNab and/or Elizabeth) anytime during office hours.
- Activity: Monthly Planning and ongoing access to app
- Nutrition: Monthly Planning and ongoing access to app
- Coaching: One 60 min "Imagine your Best Self" session yearly and one 30 min session a month thereafter.
- Vo2 Max quarterly
- A 30 min NIR once quarterly
- EKG yearly
- Point of care ultrasound and wellness exam yearly
- Functional Motion Screen yearly
- Access to Longevity Center and Yoga Classes by Elizabeth
- Lab Draw Fees waived.

Access to yearly Galleri Cancer Screening Test and MyRisk Cancer Genetic Screening Test at additional cost.

The cost for imaging, lab tests, medications, and medical supplies are not included in the membership fee. Medical supplies, lab tests, and medications will be billed to the patient. All additional charges will be discussed prior to the procedure and billing. You may request a good faith estimate of additional costs before they are incurred.

10% discount on other services: Private yoga, NIR, CBT-I, Diabetes R² Bootcamp Program, PRP, OMM, Full Plate Healthy Lifestyle Classes, Coaching, and additional VO2 Max Testing.

Direct Primary Care Subscription \$135/month: Lifestyle Medicine Focus

Must have had a Lifestyle Consultation or Internal Medicine Consultation in the last 12 months. May also be a Diabetes Bootcamp Graduate.

- Unlimited monthly visits



- Access to Nurse Practitioner or Dr. McNab during office hours. (After-hours response may be delayed. In case of emergency please dial 911 or go to an ER.)
- Same-day availability, including urgent care.
- Prompt orders for labs and imaging.
- Lab draw fees waived
- Foundational Care with Office Visit:
 - Nutrition Counseling
 - Stress Management Strategy
 - Activity Counseling
 - Sleep Hygiene Counseling
- Primary Care:
 - Acute outpatient sick care
 - Chronic Disease Management (lifestyle directed care)
- Preventative Care:
 - Cancer screening
 - Wellness Visit
- Office based procedures, including:
 - Laceration Repair
 - Skin Biopsy
 - Joint Injection
 - Physical Medicine/ Osteopathic Manipulative therapy
 - EKG
 - Ear Lavage
 - Mole or Skin Tag Removal

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The cost for imaging, lab tests, medications, and medical supplies are not included in the subscription fee. Medical supplies, lab tests, and medications will be billed to the patient. All additional charges will be discussed prior to the procedure and billing. You may request a good faith estimate of additional costs before they are incurred.

In-hospital care is provided at additional cost.

10% discount on other services: Yoga, NIR, CBT-I, Diabetes R² Bootcamp Program, PRP, Full Plate Healthy Lifestyle Classes, Coaching, and additional VO2 Max Testing.

Concierge Physician Service: Call for more information (417) 512-8808

An all-inclusive concierge physician service offers a personalized healthcare experience where patients enjoy exclusive access to their doctor, around-the-clock availability, and comprehensive care tailored to their specific needs.

Health and Well Being Coaching (3 visit commitment) \$450

- Sign-up, "Imagine your Best Self" 60 min session, and (2) 30min sessions. Addon sessions (following the purchase of Starter Package):
- Follow Up: Six 30 min sessions \$350.
- Follow up: 30-minute session: \$60.
- Follow up: 15min session \$30.



Private CBT-I (6 sessions) \$600

- Learning materials
- 1-hour office visit with certified CBT-I provider per week
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CBT-I Classes (6 classes) \$450

- Learning materials
- 1-hour class per week for 6 weeks

Full Plate Healthy Lifestyle Class (8 classes) \$450

- Learning materials
- 1-hour class per week for 8 weeks

Ongoing Nutrition Planning \$75/month

Must have had a Lifestyle Consultation or Internal Medicine Consultation in the last 12 months. May also be a Diabetes Bootcamp Graduate.

- Access to the nutritional planning application
- 15-minute Q/A regarding nutrition planning with InBody
- Weekly Meal Plans
- Access to Longevity Center

Ongoing Activity Planning \$75/month

Must have had a Lifestyle Consultation or Internal Medicine Consultation in the last 12 months. May also be a Diabetes Bootcamp Graduate.

- Access to the workout application
- 15-minute Q/A regarding activity planning with InBody
- Weekly activity planning (set up into 6-week plans)
- Access to Longevity Center

Diabetes R² Bootcamp (6-week program) \$600: Diabetes Reversal and Remission Program

- Lab Work: C-peptide, HBG A1C, and Glucose
- CGM Monitoring with patient (cost of CGM not included)
- Body Composition Analysis
- 6-week meal plan
- Text, call, or email access as needed during bootcamp.
- (2) 15-minute private, focused coaching sessions.
- 15 min visit with Dr. McNab at halfway point/with nutritional planning as needed.
- Weekly Diabetes R² Bootcamp social support group meeting
- 30-minute visit with Dr. McNab at conclusion of program with a repeat Body Composition Analysis

Internal Medicine Consult \$500: Second Opinion

- Physical Exam
- Comprehensive Review of Medical Records Made Available
- Additional Testing and Labs not included.

Private Yoga \$75 Bring a friend for free!

Yoga Classes \$25/class

NIR \$65/session



Osteopathic Manipulative Medicine \$75/session

PRP: Price varies with complexity of service.