



Comprehensive Lifestyle Consultation \$500

- 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***

- 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
- 10% discount on other services: Yoga, OMM, NIR, CBT-I, Diabetes R^2 Bootcamp Program, Full Plate Healthy Lifestyle Classes, or additional In Body, Coaching, and VO2 Max Testing.
- Lab Draw Fees waived. *
- Access to yearly Galleri Cancer Screening Test **
- Access to MyRisk Cancer Genetic Screening Test **

*Follow up lab work not included with subscription. Labs offered at discount.

**My Risk and Galleri Testing at an additional cost. Lab draws fee waived.

Health and Well Being Coaching (3 visit commitment) \$485

- 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 \$580.
- Follow up: 30-minute session \$100.
- Follow up: 15min session \$60.



CBT-I (6 sessions) \$600

- (6) 50-minute sessions with a CBT-I certified provider

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

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

Ongoing Nutrition Planning* \$65**

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

Ongoing Activity Planning*\$65**

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

Diabetes R^2 Bootcamp (6-week program) \$600

- Lab Work: C-peptide, HBG A1C, and Glucose*
- CGM Monitoring with patient **
- 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 R^2 Bootcamp social support group meeting
- 30-minute visit with Dr. McNab at conclusion of program with a repeat Body Composition Analysis

*Lab fee is waived on any additional lab work patient may request to be drawn

** CGM cost not included (\$35)

*** **Must have had a Comprehensive Lifestyle Consultation within the last 12 months.**

Internal Medicine Consult \$500

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



Private Yoga \$75

- One 50-minute Session (bring a friend for free!)

Yoga Classes \$25

- One 50-minute Class

NIR \$65

- One 30-minute Session

Osteopathic Manipulative Medicine \$75

- One 30-minute Session