

Health & Wellness Assessment



What's Included?

- **Initial 1-Hour Doctor Appointment:** Review your health history, lifestyle, and wellness goals with an experienced lifestyle medicine physician.
- **Advanced Laboratory Tests:** including vitamin B12, vitamin D, omega levels and other critical health markers.
- **Follow-Up 30-Minute Appointment:** Review your test results with your doctor and create a personalized health plan tailored to your needs.



The Complete Guide To Wellness Lifestyle Possibilities Assessment And Intervention

SB Merriam



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