

- *Comprehensive Physical Exam*

1. **HISTORY & PHYSICAL EXAM**
2. **URINALYSIS**
3. **SCREENING FOR HEART DISEASE: EKG**
4. **METABOLIC LUNG AGE: PULMONARY LUNG FUNCTION**
5. **TOTAL BODY COMPOSITION WITH FAT ANALYSIS AND METABOLISM RATE**
6. **VENIPUNCTURE**

- *Executive Physical Exam Plan*

1. **COMPREHENSIVE HISTORY & PHYSICAL EXAM**
2. **SCREENING FOR HEART DISEASE: EKG**
3. **METABOLIC LUNG AGE : PULMONARY LUNG FUNCTION**
4. **TOTAL BODY COMPOSITION WITH FAT ANALYSIS AND METABOLISM RATE**
5. **URINALYSIS**
6. **EXECUTIVE BLOOD TEST PANEL INCLUDING**
 - **Complete Blood Count, WBC, RBC, Platelet, Differential**
 - **Comprehensive Metabolic Panel:**
 - Liver/Kidney function, fasting sugar, Calcium/Magnesium Electrolytes, minerals*
 - **Lipid Panel: Total Cholesterol, LDL, HDL, Triglyceride**
 - **Cortisol: Stress Hormone**
 - **Inflammation Marker: highly-sensitive C-Reactive Protein**
 - **Vitamin Level: Vit D3, Vit B12, Folate**
 - **Thyroid Panel: TSH, FT4, FT3**
 - **Insulin: Prognostic hormone for metabolic syndrome & Diabetes**
 - **Autoimmune Disease Screening: ANA**
 - **Immune system: Albumin, Globulin, Total Protein**
 - **Anemia Panel: Iron, TIBC saturation, Ferritin**
 - **Hormone evaluation: FSH, Estradiol, Progesterone, DHEA-s, Testosterone Free & Total**
 - **In-depth Sugar Metabolism Analysis: Insulin & Hemoglobin A1c**
 - **PSA (for men only)**
7. **Pap + Breast Exam (for women)**
8. **Prostate Exam (for men)**

- *Concierge Physical Exam Plan*

1. **COMPREHENSIVE HISTORY & PHYSICAL EXAM**
2. **SCREENING FOR HEART DISEASE: EKG**
3. **METABOLIC LUNG AGE : PULMONARY LUNG FUNCTION**
4. **TOTAL BODY COMPOSITION WITH FAT ANALYSIS AND METABOLISM RATE**
5. **URINALYSIS**
6. **EXECUTIVE BLOOD TEST PANEL INCLUDING**
 - *Complete Blood Count, WBC, RBC, Platelet, Differential*
 - *Comprehensive Metabolic Panel Liver/Kidney function, sugar, Calcium & Magnesium, Electrolytes, minerals*
 - *Lipid Panel: Total Cholesterol, LDL, HDL, Triglyceride*
 - *Cortisol: Stress Hormone*
 - *Inflammation Marker: highly-sensitive C-Reactive Protein*
 - *Vitamin Level: Vit D3, Vit B12, Folate*
 - *Thyroid Panel: TSH, FT4, FT3*
 - *Insulin: Prognostic hormone for metabolic syndrome & Diabetes*
 - *Autoimmune Disease Screening: ANA*
 - *Immune system: Albumin, Globulin, Total Protein*
 - *Anemia Panel: Iron, TIBC saturation, Ferritin*
 - *Hormone evaluation: Estradiol, Progesterone, DHEA-s, Testosterone Free & Total*
 - *In-depth Sugar Metabolism Analysis: Insulin & Hemoglobin A1c*
 - *PSA (for men only)*
7. **Specialty Blood Profile - not covered by insurance**
 - *Advanced cardiovascular profile including a genetic testing*
 - *Apolipoprotein E Genotype (also only Genetic testing for Alzheimer's Disease)*
 - *Apolipoprotein B*
 - *Lp(a): Lipoprotein (a)*
 - *Homocysteine*
 - *Comprehensive cancer marker profile:*
 - *CEA--Colon cancer marker*
 - *AFP--Liver/Testicular cancer marker*
 - *CA19-9--Pancreatic cancer marker*
 - *CA15-3--Breast cancer*
 - *CA 125--Ovarian cancer*
8. **Pap + Breast Exam (for women)**
9. **Prostate Exam (for men)**

- ***Specialty Testing Add-on***

- ***Advanced Cardiovascular Profile***
 - *Apolipoprotein E Genotype*
 - *Apolipoprotein B*
 - *Lipoprotein A*
 - *Homocysteine*
- ***Cancer Screening Profile***
 - *AFP - Liver cancer marker*
 - *CEA - Colon cancer marker*
 - *CA19-9 - Pancreatic cancer marker*
 - *CA15-3 - Breast cancer marker*
 - *CA 125 - Ovarian cancer marker*
- ***Weight Manager / Pre-Diabetes Profile***
 - *Adiponectin*
 - *Leptin*
 - *C-Peptide*
 - *Free Fatty Acid*
- ***Genetic Profile***
 - *Apo E--genetics for Cardiovascular disease & Alzheimer's*
 - *CYP2C19 -Cytochrome P450 mutation for metabolism*
 - *Factor V Leiden--genetics for DVT, pulmonary embolism, clotting*
 - *MTHFR--genetics for dementia, psychiatric depression/anxiety, folate metabolism, cardiovascular risk*
- ***PLAC test (Lipoprotein phospholipase A2 (Lp-PLA2)***
 - *Measure of your calcium plaque in your circulation*
- ***Hormone Age: IGF-1 (Growth Hormone)***
 - *What is your hormone age?*
- ***Early CDT Lung -- Lung Cancer marker***
- ***Heavy Metal Testing with Provocation***