

SERVICES & PRICES OVERVIEW



MEDICAL SERVICES

EXECUTIVE MEDICAL ASSESSMENT*

OUR EXECUTIVE MEDICAL ASSESSMENT IS A FOCUSED EVALUATION, EXAMINATION & SCREENING PROCESS COMPLETED BY MEMBERS OF OUR PHYSICIAN & EXERCISE PHYSIOLOGIST TEAM.

This service includes 90 minutes of combined Physician time, including a personal and family health history.

An additional 90 minutes of combined Exercise Physiologist time involves a cardio-respiratory fitness assessment and exercise recommendations.

Screenings include a broad blood test panel, audio and vision testing, ultrasound, chest x-ray and specialist referrals where appropriate.

A Strategic Health Planning Consultation is offered with each assessment.



\$1,495* per Executive Medical Assessment

ADULT TOTAL MEDICAL MEMBERSHIPS*

OUR TOTAL MEDICAL MEMBERSHIPS FEATURE UNLIMITED PHYSICIAN CONSULTATIONS, WITH COMPLETE AND COMPREHENSIVE CARE THAT INCLUDES 24/7 TELEPHONE SUPPORT AND A SPECIALIST REFERRAL NETWORK.

- Adult Total Medical Memberships include an Executive Medical Assessment for all new membership clients.**
- Unlimited Physician consultations and 24/7 telephone contact with our Registered Nursing support team.
- A 'Second Opinion Service' from our new partner, World-Care Inc., connects your case and your Physician to Physician specialists in top USA medical centres when necessary.

- Online access to the award-winning Mayo Clinic Embody - Health Web Portal.
- Two Travel Medical Consultations and two qualifying one hour personal health services during each membership year.
- A Strategic Health Planning Consultation.
- Memberships are renewed on a yearly basis.

Year 1



\$4,495* for a one year membership for all new Adult Total Medical Membership clients

Year 2



\$4,495* per year to renew an Adult Total Medical Membership with an Executive Medical Assessment.

\$3,200* per year to renew an Adult Total Medical Membership without an Executive Medical Assessment.



MEDICAL SERVICES

YOUTH TOTAL MEDICAL MEMBERSHIP***

This membership includes an annual growth and development assessment and the episodic care features of the adult program.

Our youth memberships are designed for individuals under the age of 18 or under the age of 25 years, if they are still dependants of the primary Adult Total Medical Membership client or are full-time students.



\$1,250* per youth per year

MEDICAL REVIEW APPOINTMENTS

Medical review appointments allow for discussion of health concerns, second opinions, goal setting for improved health or qualified guidance from a physician when health issues arise.

Please Note: duration of these appointments varies as required. Billing includes appointment time with the physician, research time and any follow-up needed.



\$475 per hour or 15 min portion thereof

INTEGRATIVE MEDICINE CONSULTATION

Integrative Medicine makes use of all appropriate therapies and diagnostics from both conventional and complementary medicine.

A consultation includes a thorough personal health review and recommendations for lab and diagnostic tests, as well as preliminary nutrition and lifestyle recommendations.



\$525 per hour or 15 min portion thereof

NATUROPATHIC MEDICINE CONSULTATION

Naturopathic medicine is the art and science of disease diagnosis, treatment and prevention using natural therapies to support and stimulate the body's ability to heal itself.

Initial Appointment

An initial visit will include a consultation, detailed history, general physical exam and specific naturopathic assessments.



\$175 for 90 min

Follow-Up Appointment

Follow-ups take place two weeks post the initial appointment and involve a detailed report of findings and an individualized treatment plan.

Treatment plans may include dietary changes, botanical/herbal medicine, nutritional supplementation, homeopathy, acupuncture, Traditional Chinese Medicine or hydrotherapy.



\$150 for 60 min
\$115 for 45 min
\$80 for 30 min

SPECIALIZED LAB TESTING

Specialized lab testing is a service available to clients; these tests may include glucose, allergy, nutritional or genetic testing.

A wide range of specialized testing may be accommodated for.



Please call for pricing information.



PERSONAL FITNESS

PERSONAL FITNESS TRAINING

PERSONAL FITNESS TRAINING INVOLVES A NETWORK OF FOCUS, MOTIVATION AND SUPPORT THAT IS DESIGNED TO DELIVER RESULTS. OFFERING A HIGH QUALITY EXPERIENCE, IN A REFINED BOUTIQUE ATMOSPHERE, OUR PERSONAL TRAINING MODEL EMPHASIZES A TEAM APPROACH WITH PERSONALIZED ATTENTION.

Personal training is designed to deliver custom results and involves our dedicated team, of highly skilled personal trainers, interacting closely to provide assessments and personalized programming.

Direct access to communication with our health centre therapists ensures that each health and fitness program is closely aligned for maximum results.

Personal training is by appointment only in our private fitness centre.

Single Sessions (one-on-one personal training)



- \$85.85** per Session, 1x Week
- \$80** per Session, 2x Week
- \$75** per Session, 3x Week
- \$70** per Session, 4x Week
- \$70** per Session, 5x Week

- Purchase 3 months of training and receive a 5% discount.
- Purchase 6 months of training and receive a 10% discount.
- Purchase 1 year of training and receive a 15% discount.

Doubles Sessions (when two people train together)



- \$53** per Session, per person, 1x Week
- \$50.50** per Session, per person, 2x Week
- \$48** per Session, per person, 3x Week
- \$45.50** per Session, per person, 4x Week
- \$45.50** per Session, per person, 5x Week

ONE-ON-ONE YOGA THERAPY

YOGA THERAPY IS PRACTICED IN OUR TRANQUIL YOGA ROOM, A PRIVATE ENVIRONMENT FOR A CUSTOM TAILORED SESSION.

Yoga therapy is a unique way to increase flexibility and elasticity of muscle tissue, improve core strength, rehabilitate injuries, develop muscular endurance and balance mind-body regulation.

All sessions are custom tailored to client needs and level of ability.

Single Sessions (one-on-one yoga therapy)



- \$85.85** for 1 Single Session
- \$343** for a 4 Session Package (\$85.85 per session)
- \$640** for an 8 Session Package (\$80.00 per session)
- \$900** for a 12 Session Package (\$75.00 per session)

Doubles Sessions (when two people practice together)



- \$53** per person for 1 Doubles Session
- \$212** per person for a 4 Session Package (\$53 per person, per session)
- \$404** per person for an 8 Session Package (\$50.50 per person, per session)
- \$576** per person for a 12 Session Package (\$48 per person, per session)




WELLNESS & REHABILITATION SERVICES

REHABILITATION PERSONAL TRAINING

Rehabilitation personal training is a dynamic service delivered by our physiotherapy team.

This service is designed for rehabilitating acute and chronic injuries as they progress beyond the scope of physiotherapy treatments and functions as a bridge between physiotherapy and personal fitness training.

Individual Sessions

 **\$160** for 60 min

8 Session Package

 **\$1,120** \$140 per session


BODY ANALYSIS

A body analysis is designed to identify the body's strengths and weaknesses, including movement patterns, posture, ligaments, muscle imbalances and joint restrictions.

A body analysis is performed by a member of our physiotherapy team and focuses on preventing injuries from occurring, in addition to assessing present injuries and concerns.

Advice is provided to help structure an optimal health program to correct any injuries or imbalances.

Initial Appointment


 **\$150** for 60 min

PHYSIOTHERAPY


Our physiotherapy team works to assess, treat and rehabilitate a wide range of chronic or acute conditions and injuries.

All sessions are performed in private treatment rooms with one-on-one care.

Initial Appointment


 **\$160** for 60 min

Follow Up Appointment

 **\$95** for 30 min

CHIROPRACTIC THERAPY

Chiropractic therapy emphasizes the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system. Chiropractic treatments involve manual therapy, including manipulation of the spine, other joints and soft tissues. A full history, examination and recommended treatment protocol are completed and discussed prior to treatment.

 **\$125** for Initial Assessment
\$65 for Follow up Assessment



WELLNESS & REHABILITATION SERVICES

THERAPEUTIC MASSAGE THERAPY

Therapeutic massage therapy involves the manipulation of the soft tissue structures of the body to prevent and alleviate pain, discomfort, muscle spasm, and stress.

Massage therapy improves functioning of the circulatory, lymphatic, muscular, skeletal, and nervous systems, while working to improve the rate at which the body recovers from injury and illness.

\$50 for 30 min

\$70 for 45 min

\$85 for 60 min

\$130 for 90 min

ACUPUNCTURE THERAPY

Acupuncture is a form of preventative medicine that complements many other forms of physical therapy, treatment plans and health protocols.

Acupuncture therapy is useful for acute and chronic conditions and promotes an overall state of health, balance and well-being.



\$195 for 90 min

NUTRITION CONSULTATION

Nutrition consultations include an in depth assessment with our Registered Dietitian.

A computerized 3-day nutrient analysis report is included as well as personalized nutrition counselling.



\$150 for Initial Consultation

Please enquire about our packages

HEALTHY CHANGES WEIGHT MANAGEMENT PROGRAM

Healthy Changes is a weight management program that brings three specialists together in one unique service offering. The Healthy Changes team includes an Exercise Physiologist, a Registered Dietitian and a Health Coach.

This program includes weekly contact with our expert team, a personalized program, an information binder, follow-ups at 16 and 20 weeks and support tools with educational material.



\$995 for 12 weeks

HEALTH COACH CONSULTATION

A Health Coach consultation is designed for people who need a flexible, customized program to achieve healthy weight loss and lifestyle practices.

A Health Coach will design a program and counsel in person, over the phone or via electronic communication depending on preference.



\$150 for Initial Consultation



WELLNESS & REHABILITATION SERVICES

AYURVEDA CONSULTATION


Ayurveda consultations include a personalized health assessment through the use of Iridology, tongue diagnosis, pulse examination and Reiki Energy Healing.

Advice on natural products, such as herbs, minerals and vitamins is provided to assist in the correction of any imbalances identified in the personal health assessment.


Education and guidance on lifestyle change is offered to assist in achieving inner harmony and well-being.

Ayurveda Clinical Nutrition Consultations are also available.

Initial Appointment


 **\$125** for 60 min

Follow Up Appointment

 **\$70** for 30 min

REIKI

Reiki is a service that stems from Japanese techniques for stress reduction and relaxation and is designed to promote physical, mental, emotional and spiritual health.

 **\$50** for 30 min

*Please note an additional \$200.00 will be applied to any Executive Medical Assessment or Adult Total Medical Membership lab panel when performed outside of Calgary Laboratory Services.

**The Executive Medical Assessment is an optional service for all Total Medical Membership renewals.

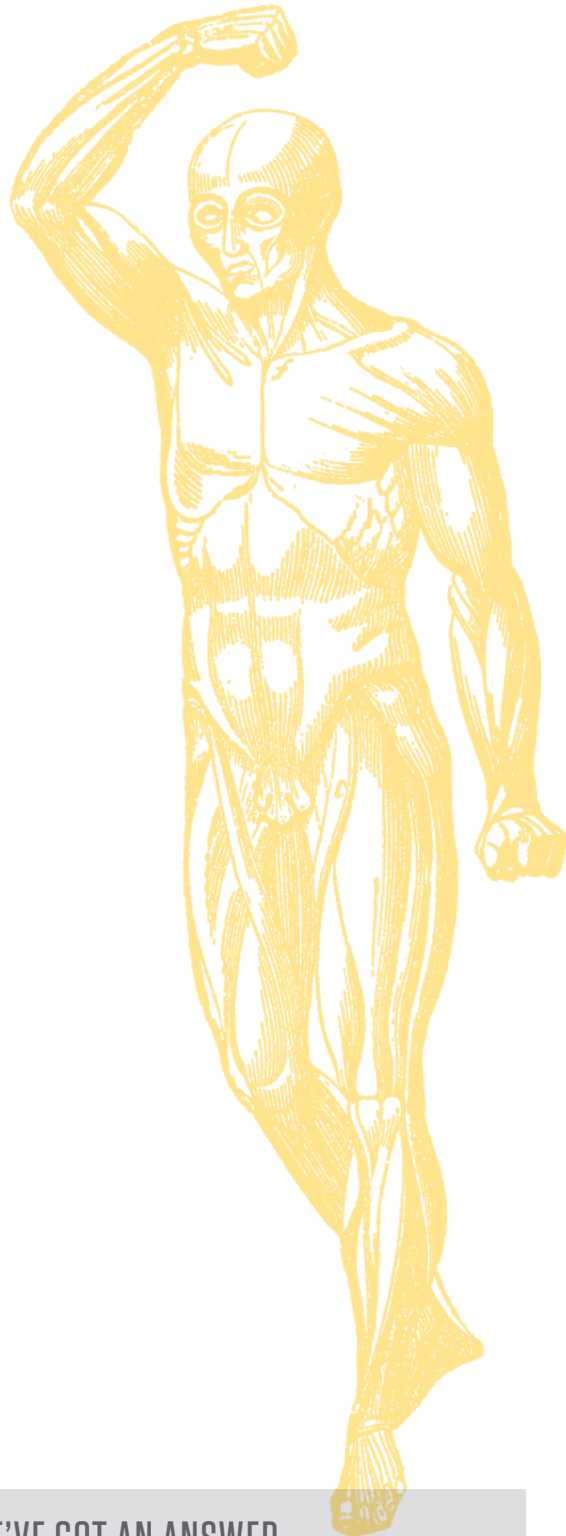
***One family member must be an Adult Total Medical Membership client in order for the Youth Membership rates to apply. The Youth Membership rates are available to all immediate family members living in the same household who are under the age of 18, or under the age of 25, if they are full-time students or dependents of the Adult Total Medical Membership client.



WE TREAT RECOVERING PESSIMISTS.

Results are often dramatic. Clients learn to raise their expectations of themselves. Limitations are shattered. Life is suddenly brimming with energy and possibility.

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the most exciting part of your day.**



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