



MEDICAL SERVICES

MEDICAL ASSESSMENTS - EXECUTIVE & COMPREHENSIVE

OUR MEDICAL ASSESSMENTS ARE FOCUSED ON IDENTIFYING INDIVIDUAL RISK FACTORS AND MEDICAL CONCERNS THAT CAN AFFECT LONG-TERM PHYSICAL AND EMOTIONAL HEALTH.

This service includes over three hours with our dedicated team of doctors and health professionals. They will conduct a thorough exam and assessment of your current health, family history, and lifestyle factors. You'll receive extensive screening and diagnostic tests, body composition analysis, an exercise consultation, and a detailed report and action plan. Access to Wello Virtual Care is also included for 12 months following your assessment.

 **\$1,695** per Medical Assessment

TOTAL HEALTH MANAGEMENT (THM)

TOTAL HEALTH MANAGEMENT INCLUDES ALL PRIMARY MEDICAL SERVICES PROVIDED BY A FAMILY PHYSICIAN, PLUS ADDITIONAL SERVICES NOT COVERED BY PROVINCIAL HEALTH CARE.

THM ADULT

All new clients receive a Comprehensive Medical Assessment to ensure our team has a complete picture of your health. Clients also receive extended medical appointments, phone and email inquiries, prescription renewals by phone or fax, travel medicine consultations, access to WorldCare Second Opinion service, on-site lab, patient health portal, and three health services including fitness training, nutrition counselling and physiotherapy.*

 **\$4,495**/year for all new adult clients

 **\$3,350**/subsequent years without Medical Assessment

THM ELITE

THM Adult program plus a Comprehensive Medical Assessment included each year. Elite clients also receive four annual health services including fitness training, nutrition counselling and physiotherapy.

 **\$4,495**/year with Medical Assessment

PREFERRED RATES ARE AVAILABLE FOR IMMEDIATE FAMILY MEMBERS OF CURRENT THM CLIENTS.

THM SPOUSE

This is the subsequent year program for the spouse of a current THM Adult or Elite client. The Spouse program is identical to the Adult offering at a preferred family rate.

 **\$3,150**/year for spouses of current THM Adult or Elite clients

THM YOUNG ADULT

This program is designed for individuals aged 18-25 who are dependants of current THM Adult or Elite clients. Young Adult clients receive annual growth and developmental assessments in addition to features of the Adult Program.

 **\$1,300**/year for dependants aged 18-25 of current THM Adult or Elite clients

THM CHILD

This program is designed for children (from birth to age 17) of current THM Adult or Elite clients. Child clients receive annual growth and developmental assessments in addition to features of the Adult program.

 **\$500**/year for children 17 years and under of current THM Adult or Elite clients

SPECIALIZED LAB TESTING

Available to clients, these include glucose, allergy, nutritional, hormonal or other specialized tests.

 **Prices vary – please call for more information**

*Young Adult and Child Programs are not eligible for annual health services.

** Prices subject to change without notice*



BOTOX COSMETIC®

Botox Cosmetic® injections at INLIV are performed by an experienced team of specially trained physicians to ensure your safety and peace of mind.

 **Price by assessment**

CHEMICAL PEELS

Chemical peels help improve your complexion and can also reduce the appearance of fine lines, pigmentation and ease acne. They are available in different strengths designed to meet the needs of your skin.

 **\$125 - \$225** per treatment

CLEAR + BRILLIANT® LASER

Clear + Brilliant® laser treatments help stimulate collagen production and generate fresh tissue growth for a natural youthful glow to your skin. More effective than a chemical peel or microdermabrasion, yet less intense than a fractional laser treatment, there is minimal recovery time. You may notice improvement within a few days following your treatment and the results become more evident after a week.

 **\$350** per treatment area
\$1500 for series of 5 treatments

COOLSCULPTING®

CoolSculpting® effectively freezes and destroys fat cells to help reduce those unwanted bulges of fat. Lose your love handles, belly fat, saddlebags and more. A popular treatment for men and women.

 **Price by assessment**
Reduced pricing for multiple treatments

DOUBLE CHIN REDUCTION INJECTIONS

This non-surgical, injectable treatment effectively reduces the appearance of a double chin, helps redefine the jaw line and improves your chin profile. Popular with men and women, this injectable treatment works to destroy fat cells in the target area.

 **Price by assessment**

EXCESSIVE SWEATING

If you're embarrassed by sweat stains, you're not alone. Don't sweat it - we can help with injections to reduce excessive sweating (hyperhidrosis).

 **\$1,050** for injection fee + product
\$250 injection fee only

FACIAL AND LIP FILLERS

Our hyaluronic acid fillers help restore facial volume, fill unwanted skin folds and lines, and enhance features like the lips. Results are visible immediately with our facial fillers and there is no downtime. Most popular for the face and lips, fillers can also be used on hands and ears to reduce the effects of aging.

 **Price by assessment**

FRACTIONAL LASER NON-ABLATIVE SKIN RESURFACING

Effective for the face, neck and décolleté, fractional laser resurfacing helps to improve skin texture and tone, and reduces the appearance of scars and stretch marks.

 **\$895** full face
Single area by assessment

INTENSE PULSED LIGHT

IPL helps to reduce the appearance of age spots, sun spots and broken blood vessels, and can also ease rosacea. IPL is ideal for treating the face, neck, décolleté, hands, arms and more, with no downtime.

 **\$375** full face
Single area by assessment

** Prices subject to change without notice*



MEDICAL AESTHETIC SERVICES

MICRODERMABRASION

Perfect for men and women, this exfoliating process gently removes the top layer of dead skin cells, giving you a polished and glowing appearance. Look as good outside as you feel inside!

 **\$130** per treatment

PLATELET RICH PLASMA (PRP) FOR SKIN REJUVENATION

Known by celebrities as the “vampire facelift”, Platelet Rich Plasma (PRP) uses your body’s own healing platelets to stimulate collagen production, and encourage cell and tissue regeneration. It’s the natural skin rejuvenation treatment.

 **\$650** per treatment
\$2975 for series of 5 treatments
\$150 per treatment as an add-on to a Laser Treatment (Fractional or Clear + Brilliant)

PLATELET RICH PLASMA (PRP) FOR HAIR LOSS

Platelet Rich Plasma (PRP) injections for hair restoration offers a natural solution for treating hair loss and thinning hair. PRP works by injecting your body’s own healing platelets into dormant or inactive hair follicles, stimulating them to enter an active growth phase helping new hair begin to grow.

 **\$650** per treatment
\$2975 for series of 5 treatments

THERMAGE®

Thermage® is a non-invasive treatment that tightens loose skin on the face, neck, jowls as body. It’s a popular treatment to tighten skin around the eyes to reduce the appearance of ‘hooded’ eyes.

 **\$2190**



HEALTH SERVICES

PHYSIOTHERAPY

Combining in-depth knowledge with specialized clinical skills, our physiotherapists assess, diagnose, and treat symptoms of injury or disability with personalized exercises in a one-on-one setting. There is also a focus on education, mobility restoration, and prevention.

 **\$160/60 min** first appointment
\$95/30 min follow-up

REHABILITATION PERSONAL TRAINING

A dynamic service delivered by our physiotherapists, this training is designed to treat acute and chronic injuries as you move from physiotherapy sessions to personal fitness.

 **\$160/60 min**

NUTRITION COUNSELLING

Our registered dietitians provide advice related to food and nutrition through telephone consultations. They will assess your current diet and create an individualized nutrition plan that takes your history and goals into account.

 **\$150/first appointment**
\$75/follow up

** Prices subject to change without notice*



FITNESS SERVICES

OUR INLIV FITNESS SERVICES ARE AVAILABLE TO EVERYONE WITH NO MEMBERSHIP REQUIRED.

FITNESS TRAINING

Fitness training involves focus, motivation, and support, all in a network that delivers results. Our personal training model emphasizes teamwork alongside personal attention, in an atmosphere unlike any other.

Our fitness training is customizable to your needs, and our highly skilled trainers interact closely with you to provide assessments and personalized programs. INLIV offers a suite of training options. Training is by appointment-only in our private fitness centre.

PERSONAL TRAINING PACKAGES

Purchase an INLIV personal training session package of 10 or more sessions to receive a per-session cost savings on the drop-in rate of \$92. You can also secure a permanent timeslot on the Master Time Schedule.

CIRCUIT TRAINING

Looking for full-body circuit training? Come by on Saturday at 11am for our **Saturday Morning Circuit Training** drop-in class (\$20/session). Follow us on Facebook to find out which trainer will be leading the weekly session.

	10 PACK	25 PACK	50 PACK	125 PACK
Package Cost	\$860	\$2000	\$3700	\$8500
Savings per session	\$6	\$12	\$18	\$24

Prices do not include GST.

TESTING & ANALYSIS

THE FOLLOWING OPTIONS CAN BE ADDED TO A PERSONAL TRAINING PACKAGE OR PURCHASED ON THEIR OWN.

BOD POD

A leading technique for body composition analysis, this machine provides in-depth measurements of body mass, fat mass, lean mass, metabolic rates, and energy expenditures.

A BOD POD test is included free of charge with the purchase of 10 personal training sessions.

 \$75/test
 \$189/three tests

VO₂ MAX / SUBMAXIMAL TESTING

This is a detailed and specific athletic test that analyzes your body's cardiovascular function. With this data, we can accurately set your training zones for optimal results.

 \$175/test

BODY ANALYSIS

This identifies your body's strengths and weaknesses, including movement patterns, posture, ligaments, imbalances, and joint restrictions. With this we can help prevent future injuries, as well as assessing current ones.

 \$150/60 min

GET VO₂ MAX + BOD POD TOGETHER FOR JUST \$199

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CORPORATE HEALTH SERVICES

INLIV has over 40 years of experience providing executive, workplace, and occupational health programs and services to Calgary's diverse business community and beyond.

OUR CORPORATE HEALTH SERVICES INCLUDE

HEALTH RISK ASSESSMENT (HRA)

Here, we identify the health and wellness factors that are most problematic and important for your organization, following a unique HRA to determine health, job satisfaction, lifestyle behaviour, and more. This allows us to create a better strategy on a personal and company-wide level.

MEDICAL ASSESSMENTS - EXECUTIVE & COMPREHENSIVE

This service includes over three hours with our dedicated team of doctors and health professionals. Employees receive extensive screening and diagnostic tests, body composition analysis, an exercise consultation, and a detailed report and action plan. Annual assessments focus on early prevention and identification of risk factors.

TOTAL HEALTH MANAGEMENT

A prevention-based program designed for people who want ongoing, comprehensive, and therapeutic health services. Learn how to optimize health and mitigate risk factors before they become problems.

WELLO VIRTUAL CARE

Wello is a virtual healthcare benefit that helps employees get well when they're sick and keep well every day with access to medical experts by phone, video and secure messaging, along with 24/7 on-call support. Wello nurse practitioners can assess medical conditions, issue prescriptions, make specialists referrals and more.



Please call for pricing information

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