



MEDICAL SERVICES

MEDICAL ASSESSMENTS - EXECUTIVE & COMPREHENSIVE

WE ARE FOCUSED ON THE EARLY DETECTION OF CONDITIONS, ISSUES AND RISK FACTORS — AND PROVIDE PREVENTATIVE STRATEGIES THAT LEAD TO HEALTHIER LIVES.

Over three hours of focused time with our medical team provides the opportunity to dive into family history, lifestyle habits, and current concerns. Test results, including lab work, and diagnostic tests and screenings are reviewed during the assessment to provide a complete picture of current health. Access to Wello Virtual Care is also included for 12 months following your assessment.

TOTAL HEALTH MANAGEMENT (THM)

WE DELIVER YEAR-ROUND PRIMARY MEDICAL CARE FOR INDIVIDUALS, FAMILIES AND EMPLOYERS WHO WANT PREVENTATIVE AND PERSONALIZED HEALTHCARE.

Our program offers a proactive approach to health, delivered by your own physician-led team of medical and healthcare providers. Explore options to optimize your health and tackle short and long-term risk factors that affect lifelong physical and emotional health and well-being.

In addition to insured medical services, THM clients receive extended medical appointments, phone and email inquiries, electronic prescription renewals, travel medicine consultations, access to WorldCare Second Opinion service, on-site lab services, patient health portal, and four health service credits. Credits can be used towards any of the following options: Fitness & Movement Medicine, Medical Aesthetics consultation, microdermabrasion, nutrition counselling, physiotherapy or psychological health sessions.*



\$1,725 per Medical Assessment

\$1,625 per Spouse Assessment

Preferred rates are available for spouses of current Medical Assessment clients



\$4,565/year for all new adult clients, includes a Medical Assessment and program intake (Year 1)



\$4,565/year, includes an annual Medical Assessment (Elite Program)



\$3,400/year, excludes an annual Medical Assessment (Adult Program)

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

THM SPOUSE

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



\$3,200/year for spouses of current THM Elite or Adult clients

THM YOUNG ADULT

Designed for children aged 18-25 of current THM Elite or Adult clients. Young Adults receive annual growth and developmental assessments in addition to features of the Adult Program.



\$1,325/year for children aged 18-25 of current THM Elite or Adult clients

THM CHILD

Designed for children aged 0-17 of current THM Elite or Adult clients. Children receive annual growth and developmental assessments in addition to features of the Adult program.



\$525/year for children aged 0-17 of current THM Elite or Adult clients

SPECIALIZED LAB TESTING

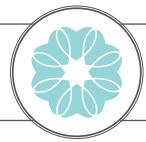
May include glucose, allergy, nutritional, hormonal or other specialized tests.



Prices vary – please call for more information

*Young Adult and Child Programs are not eligible for annual health service credits. Services are non-transferrable.

All prices are subject to change without notice



MEDICAL AESTHETIC SERVICES

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.

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.

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.

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.

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

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).

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.

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.

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.



Price by assessment



\$127 per Vivier peel
\$230 per Jessner peel
\$330 per Combination peel



\$355 per treatment area
\$1525 for series of 5 treatments



Price by assessment

Reduced pricing for multiple treatments



Price by assessment



\$1,055 for injection fee + product
\$255 injection fee only



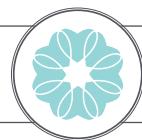
Price by assessment



\$899 full face
Single area by assessment



\$380 per treatment (full face)
\$960 per series of 3 treatments
Single area by assessment



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!



\$132 per treatment

PLATELET RICH PLASMA / VAMPIRE FACELIFT

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.



\$660 per treatment

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.



\$660 per treatment
\$2,999 per 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.



Price by assessment



HEALTH SERVICES

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.



\$155/first appointment
\$80/follow up

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.



\$165/60 min
\$130/45 min
\$98/30 min

PSYCHOLOGICAL HEALTH

Our psychologist provides sessions that utilize evidence-based treatments, including Cognitive-Behavioral Therapy (CBT) and Emotion-Focused Therapy (EFT), and integrate across therapeutic approaches. Single sessions and treatment plans are available.



\$250/50 minute appointment



FITNESS & MOVEMENT MEDICINE SERVICES

FITNESS & MOVEMENT MEDICINE TRAINING

Fitness & Movement Medicine Training is a service designed to promote the health and wellbeing of our clients through a thoughtful approach to coaching movement. Programs are designed to improve the quality of life and the longevity of our clients, with high level care and consideration for existing health and fitness levels including acute or chronic conditions and mobility issues.

Our purpose is to educate and guide our clients towards achieving their health and fitness goals. Our training is customizable to your needs, and our highly skilled trainers interact closely with you to provide assessments and personalized programs. Training is by appointment-only in our private fitness centre.

PERSONAL TRAINING PACKAGES

Purchase an INLIV personal training package of 10 or more sessions to receive a per-session cost savings on the drop in rate of \$93.50. You can also secure a permanent timeslot on the Master Time Schedule. Clients who purchase a package of 10 or more sessions will receive quarterly BOD POD body composition testing, valued at \$75 per single test.

CIRCUIT TRAINING

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

	10 PACK \$875 <small>SAVE \$6 PER SESSION</small>	25 PACK \$2037.50 <small>(SAVE \$12 PER SESSION)</small>	50 PACK \$3775 <small>(SAVE \$18 PER SESSION)</small>
Master Time	✓	✓	✓
Workout Plan	✓	✓	✓

Prices do not include GST.

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.

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.

GET VO₂ MAX + BOD POD TOGETHER FOR JUST \$205

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.

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.



\$180/test



\$75/test
\$189/three tests



\$160/60 min



\$165/60 min



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

MEDICAL ASSESSMENTS - EXECUTIVE & COMPREHENSIVE

This includes a physician's consultation, a review of lifestyle and habits, and key area screening. Annual assessments focus on early prevention and identifying risk factors.

TOTAL HEALTH MANAGEMENT

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

HEALTH RISK ASSESSMENT

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.



Please call for pricing information