



# MEDICAL SERVICES

## PROACTIVE HEALTH ASSESSMENT (PHA)

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

Three hours with our team can change your life, and transform your health. Unlike other doctor visits, the Proactive Health Assessment offers extended physician time, in-depth diagnostic tests and screening, and a personalized fitness evaluation. You'll get the time, insights and support you need. Access to Wello virtual healthcare is included for one year following your assessment.



**\$1,725** per Medical Assessment  
**\$1,625** per Spouse Assessment

Preferred rates are available for spouses of current Health Assessment clients

## 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 Best Doctors' Expert Medical Opinion, 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 Training, Medical Aesthetics consultation, microdermabrasion, nutrition counselling, physiotherapy or psychological health sessions.\*



**\$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

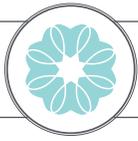
May include glucose, allergy, nutritional, hormonal or other specialized tests.



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.



**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.



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

## 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.



**\$355** per treatment area  
**\$1525** 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



**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).



**\$1,055** for injection fee + product  
**\$255** 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.



**\$899** 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.



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

*All prices are 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!



**\$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 guidance and advice related to diet, food and nutrition. You will receive an individualized plan that takes your history, habits and goals into account. They follow-up to see how you’re progressing and to help navigate any road blocks. Our appointments are conducted by phone to support scheduling and open communication.



**\$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 Registered Psychologist specializes in treatments for all individuals ranging from early childhood to adulthood. Treatment includes counselling services for a broad range of issues including stress and anxiety, depression, grief and loss, pain management, relationships, family conflict, parenting strategies, attention related difficulties, career-related issues, and other significant life transitions.



**\$250**/50 minute appointment

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# FITNESS & MOVEMENT MEDICINE SERVICES

## FITNESS & MOVEMENT MEDICINE TRAINING

Fitness & Movement Medicine Training is 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 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, and through virtual sessions.

## VIRTUAL TRAINING (VT)

Virtual Training offers a convenient option to workout from home, at work and while travelling. It also provides a safe alternative for our at-risk clients during the ongoing pandemic. Your trainer will create a plan based that supports goals, based on the equipment you have access to. This training format provides motivation, accountability and support using a simple-to-access video platform.

## 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 price.

	IN-PERSON GYM PACKAGES		VIRTUAL VT PACKAGES	
	Price/Session	Total	Price/Session	Total
Drop in/5 Pack	\$93.50	\$467.50	\$70.00	\$350.00
10 Pack	\$87.50	\$875.00	---	---
15 Pack	\$84.50	\$1,267.50	\$66.00	\$990.00
20 Pack	\$81.50	\$1,630.00	---	---
25 Pack	\$78.50	\$1,962.50	\$62.00	\$1,550.00

## VO<sub>2</sub> MAX / SUBMAXIMAL TESTING - Temporarily unavailable due to COVID-19

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.



\$180/test

## BOD POD - Temporarily unavailable due to COVID-19

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.



\$75/test  
\$189/three tests

GET VO<sub>2</sub> 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.



\$160/60 min

## 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.



\$165/60 min

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## CORPORATE HEALTH SERVICES

Employees are often so busy at work and at home that their health takes a backseat. That's not good for them, and it's not good for business. Today, forward-thinking companies invest in proactive health programs. This helps keep employees healthy and productive. It also reduces the cost of disability claims and absenteeism. By investing in your team's health, you're able to build a stronger foundation and future for your company.

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

#### PROACTIVE HEALTH ASSESSMENTS

A personalized, annual medical and health risk evaluation. Our assessment offers extended physician time, in-depth diagnostic tests and screening, and a personalized fitness evaluation. We focus on identifying individual risk factors and medical concerns. This early detection process may reveal a significant health issue before it becomes a chronic condition.

#### TOTAL HEALTH MANAGEMENT

A year-round primary care program offering exceptional service and support. On-time, generous appointments – available in-person, by phone and video – and unlimited contact with our medical team, including on-call physician access outside of office hours. Our goal is to make sure your employees get the care they need, when they need it.

#### HEALTH RISK ASSESSMENT (HRA)

We identify the health and wellness factors that are most important and problematic 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**