

Take Control of Your Health

Lifestyle Medical Assessment

Your health journey starts with a Comprehensive Lifestyle Medical Assessment. Our physician will review your key biomarkers, medical history and lifestyle behaviours known to impact health. Your assessment includes medically necessary lab investigations and referrals to any specialists as indicated by your exam.

FREE with MSP Coverage and referral or medical indication

Precision Health Tune-Up

Working with our physician and the insights provided from your Lifestyle Medicine Assessment our team will design a comprehensive nutrition, fitness and lifestyle behaviour plan personalized for you.

Includes

- TARGET Nutrition
- TARGET Fitness
- Health Vision and Goal Setting—1-hour session with our health counsellor to build strategies to implement your precision health plan.

\$499



TARGET Nutrition Plan

- Develop a personalized nutrition plan to transform your diet and health.
- Includes a thorough review of your nutrition history, dietary preferences and food sensitivities.
- Provides education about optimal food choices to meet your goals as well as sample meal plan.
- Follow up to ensure you are on target.

\$299



Based on our experience working with over 1,000 individuals, we know that finding a path is simpler than following it.

Combine with our digital Foundations Course and 6 months of ongoing support from your health team.

\$999



TARGET Fitness Plan

- Develop a personalized exercise plan with implementation strategies overseen by our exercise physiologist.
- Includes fitness assessment and thorough review of your exercise habits.
- Detailed plan-walkthrough providing you with expert guidance.
- Follow up to ensure you are on target.

\$199

ADDITIONAL SERVICES OFFERED: DXA Scan, Resting Metabolic Rate Testing, 1:1 Fitness Training