



**TRUE HEALTH**  
**FAMILY MEDICINE**

## **Creating a path for you to achieve your highest quality of life**

TRUE Health is empowering patients to achieve their highest quality of life by identifying the root cause of symptoms and treating patients as a whole, not just by their condition.

[TRUEHEALTHTEAM.COM](http://TRUEHEALTHTEAM.COM)



## **TRUE Health Primary Care & Preventive Medicine memberships empower you to take charge of your health.**

No more frustrating, dead-end diagnoses or money wasted on treatments that don't work.

At TRUE Health, we go beyond symptoms, treating the root cause of conditions with a preventive and comprehensive approach.

This means we address your health in its entirety, and take the time to understand your unique health needs. By offering a combination of proven medical practices that use the body's innate healing powers and work in synergy to resolve the source of your illness, our experienced care team provides true healing and long-term health.



## Everyone's health journey is different.

Our holistic preventive and family medicine programs address the unique needs of our patients, at every stage of their journey. Get started in one or more pathways to TRUE Health today.

## PATHWAY ONE

# TRUE Health Primary Care

TRUE Health Primary Care programs offer priority scheduling and discounts with preferred partners and include an annual comprehensive physical exam.

- Annual comprehensive physical exam
- Quarterly Progress Exam
- Review of Test with Providers
- Telemedicine
- Sports and Work Physicals
- Discounts on Non-Covered Services

### Pricing\*:

1st member: \$65/month (\$720/year)

2nd member: \$50/month (\$540/year)

3rd+ member: \$35/month (\$360/year)

*\* Some costs may be covered by insurance. Talk with our team to learn more.*

## PATHWAY TWO

# TRUE Prevention<sup>+</sup>

- Annual comprehensive physical exam
- Monthly chiropractic visit
- Monthly manual therapy visit
- Your choice of one of the following:
  - Acupuncture
  - Brain Tap
  - Nutritional Consult
  - Vitamin IV
  - Cranial Massage
  - Abdominal massage
  - Exercise Review + Recommendations
  - 20 Minute Facial
  - 20 Minute Hair Restoration
  - Vitamin TPI
- Free access to in-person and virtual wellness classes
- 10% discount on all supplements

### Pricing\*:

**Adults (ages 18+): \$75/month**

**Child (under 18): \$40/month**

*\* Some costs may be covered by insurance. Talk with our team to learn more.*

## PATHWAY THREE

# Targeted Wellness Programs

Each of our Targeted Wellness Programs includes four pillars to true healing: customized testing, tailored medical treatment, effective restore protocols and comprehensive home care plans.

### Protocol by Condition

*If your targeted wellness option is not listed, talk with our team for information on the 80+ additional protocols available.*

### MOST POPULAR

#### IMMUNITY BOOST | SLEEP HEALTH | STRESS CARE

- Arthritis
- Anxiety / Depression
- Bronchitis
- Cancer
- Crohn's
- COPD
- Constipation / Diarrhea
- Eczema
- Heartburn / Indigestion / GERD / Acid Reflux
- Headaches
- Heart Disease
- High Blood Pressure
- High Cholesterol / Hyperlipidemia
- Hormone Treatment (Male / Female)
- Inflammatory Bowel Disease (IBS/IBD)
- Kidney Disease
- Migraines
- Neuropathy
- Psoriasis
- Shingles
- Type 1 Diabetes
- Type 2 Diabetes (High Blood Sugar)

## WHOLE HEALTH PROTOCOLS

### MENTAL HEALTH | DIGESTIVE HEALTH | PHYSICAL HEALTH

The results our patients achieve prove that our care model can be life-changing. For that reason, we strive to make our programs as comprehensive and affordable to transform the lives of as many individuals as possible.

*Targeted Wellness programs are billed on a month-to-month basis at \$600 per month. Each additional program done simultaneously is billed at \$400 per month. The duration of your care is dependent upon the severity of your condition and commitment to the recommendations.*



## PATHWAY FOUR

# TRUE Health Comprehensive Healing Programs

Our Comprehensive Healing Programs are customized to your individual areas of wellness, relief or comprehensive needs. Packages include TRUE Relief, TRUE Correction and TRUE Health Complete Care and start at \$1500 per month.

*In addition to monthly inclusions, one time add-on services such as exosomes and tissue allographs are available.*





# Are you ready to elevate your health, well-being and happiness?

Schedule a complimentary Care Consult with our team to get started.

## **The Benefits of a Preventive & Holistic Approach to Care**

- Addresses the root cause of illness
- Combines proven medical practices to promote healing
- Activates your body's innate healing powers
- Reduces or eliminates the need for medication
- Reduces or eliminates the need for surgery

## **Choose your own adventure!**

### **Do you have a specific treatment you enjoy?**

Unlimited monthly services are available a la carte for chiropractic, acupuncture, massage therapy and more.

*Starting at \$400 per month.*

**“TRUE Health was something I wanted to try out because my back pain was just crippling me and I was so tired of always being in pain. Not only have they helped me but they have truly surpassed my expectations of how I could live a more pain-free life”**

*- Diane J, a TRUE Health Member*



**TRUE HEALTH**  
**MEDICAL**

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