



# YOUR GUIDE TO YOUR WELLNESS JOURNEY

WE  
PUT  
HEALTH  
IN  
HEALTH  
INSURANCE

Fountain Health is a different kind of health insurance. We're committed to proactive care and finding markers for illnesses in their infancy so that we can prevent disease or treat it in its earliest stages.

We will be your partner in health to help you gain all the benefits of these next-generation diagnostics.



## YOUR PLAN INCLUDES



**Brain MRI  
with AI**



**CCTA with AI  
Heart Analysis**



**Dexa Bone  
Density Scan**



**Monthly  
Multivitamins**



**4 Wellness  
Visits/Year  
with Provider**



**Full Blood  
Profile & Early  
Cancer Testing**



**CGM  
(Continuous  
Glucose Monitor)**



\*Age restrictions may apply.

## BRAIN MRI WITH AI

The brain MRI with artificial intelligence (AI) overlay measures brain volume, identifies white matter brain lesions, shows disease-specific biomarkers, and quantifies changes in brain structures over time. The MRI exam is a non-invasive test that uses a magnetic field to produce detailed pictures of body structures. The brain MRI exam will require you to lie on your back and to be still in an enclosed space. The MRI exam does not expose you to radiation.

## CCTA WITH AI

More than 50 percent of people who suffer a heart attack do so without experiencing any symptoms. That's why we utilize Cleerly's Coronary Computed Tomography Angiogram (CCTA) scan to enable us to accurately assess your present-day heart disease risk and see what a coronary angiogram cannot. This procedure is the only test that identifies different types of plaque, including soft plaque that is prone to rupture. Clients undergoing a CCTA scan receive an iodine-containing contrast material by intravenous (IV) injection to ensure the best possible images of the heart's vessels. The AI overlay identifies, characterizes, and quantifies plaque buildup to support your physician in determining your risk of a heart attack. This visual snapshot allows us to implement changes and treatments where necessary so we can prevent heart attack, heart failure, stroke and even dementia.

## DEXA BONE DENSITY SCAN

Our DEXA bone density scan measures the mineral content of your bones and, ultimately, your bone strength. This provides helpful details on your risk for osteoporosis (bone loss) and fractures (bone breaks). The DEXA scan can track bone health changes over time and monitor treatment to determine its efficacy. DEXA also measures body composition, such as body fat and muscle mass.

## MONTHLY MULTIVITAMINS

We recognize that there's no such thing as the perfect diet. Fountain Health covers the cost of monthly multi-vitamin delivery by an approved provider to ensure that you get the nutrients needed for optimal health.

## FULL BLOOD PROFILE & EARLY CANCER TESTING

You will receive a comprehensive bloodwork panel to assess your kidney and liver function; vitamin, mineral and hormone levels; lipid panel; and glucose markers. This test will flag potential health risks and enable our team to make suggestions to optimize your health and performance – including nutritional and lifestyle changes.

We will also use the Galleri blood test to screen for over 50 types of cancer – over 45 of which lack regular screening tests today. This first-of-its-kind MCED blood test uses advanced genomics and machine learning and determines the origin of the cancer signal, which can then guide diagnostic workup.

## CONTINUOUS GLUCOSE MONITOR

A small Bluetooth-enabled sensor applied to the arm tracks blood sugar levels using a continuous glucose monitoring (CGM) system without the need to draw blood. The sensors are the size of two stacked quarters and are applied to the back of your upper arm. It provides real-time glucose readings for up to 14 days, 24 hours a day. The sensor can also read glucose levels through clothes, making testing convenient and undetectable.

## 4 WELLNESS VISITS WITH FH PROVIDER VIA TELEMEDICINE

### Wellness Visit One

- Review Health History
- Comprehensive Blood Panels
- Galleri Early Cancer Detection

### Wellness Visit Two

- Review Visit One Results
- CCTA with AI
- CGM

### Wellness Visit Three

- Review Visit Two Results
- DEXA Bone Density
- Brain MRI with AI

### Wellness Visit Four

- Review Visit Three Results
- Discuss Care Plan
- Schedule Follow Up in One Year

Testing is done remotely at local diagnostic centers.

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