



FOUNTAIN
HEALTH

2024 Wellness Journey

Believe in change.

“

If you do what you've always done, you'll get what you've always gotten.”

Tony Robbins
Founder, Fountain Health



Step One: Risk Identification

Clinical Baseline Assessment

- Comprehensive lifestyle and metabolic health questionnaire
- Advanced biomarker blood panel
- Health and risk assessment report
- Clinical risk profile review of results by a Fountain Health certified physician

Step Two: Targeted Follow-Up

If needed, a targeted follow-up includes:

- Access to innovative, early detection diagnostic testing if needed based on the initial assessments
- Customized to your results and your needs

Step Three: Personalized Optimization Plan

What actions are recommended?

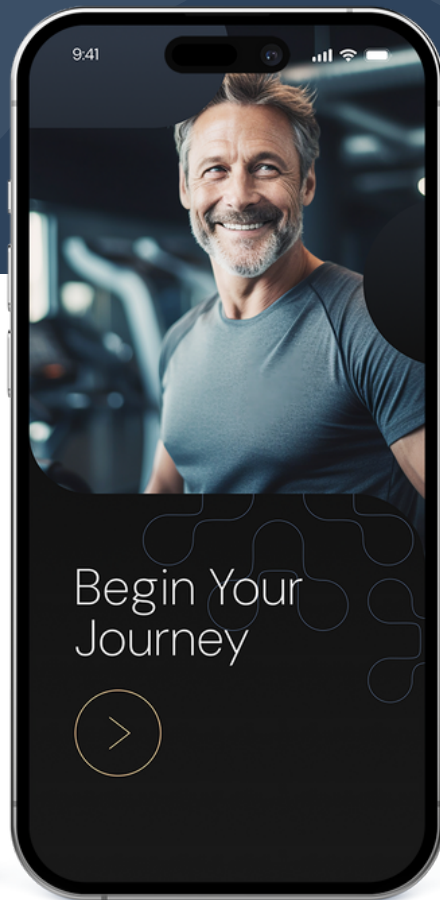
- Plan based on the testing provided in the clinical baseline assessment
- Connect to review your personalized plan for health optimization with a Certified Health Coach

Step Four: Ongoing Coaching & Monitoring

Regular Health Coaching Includes:

- Synchronous & Asynchronous communications with your care team
- Access to all of your information from the Fountain App
- Education
- Regular Health Coaching

2024 Wellness Journey



The Fountain Life App

- Synchronous and asynchronous communications with your care team
- View results
- Education
- Wearables integration



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Questions?

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