

PLUS “OPTIMIZATION”

This proactive membership program includes direct access to Dr. Stella Villacorta, next-day appointments, and regular health medicine visits to review your diet, exercise, sleep, and stress management. For the busy individual who wants to prevent illness and optimize health.

MEMBERSHIP DELIVERABLES

Direct access to physician

Doctor's personal text line

Annual comprehensive exam (physical, labs)

2-hr annual visit and physical, InBody scan, & nutrition review

Health maintenance follow-up visits

3 in-office or virtual preventive visits per year

Advanced labs & biomarker testing

Advanced Baseline Essentials panel included: CBC, CMP, CardiolQ/ Advanced Lipid Panel, Urinalysis, TSH, VitD, B12, Folate, Iron, TIBC, Ferritin, A1C + insurance or cash-rate for any additional labs; physician interpretation included

Preventive screenings (Colon, mammo, DEXA, etc.)

Script, results review, and next steps for all age-appropriate guideline screenings

InBody body-composition scans

3 per year

Prior Auth Insurance paperwork for special-order meds & devices

Included

Lifestyle medicine kickoff & coaching

20-min personalized tele-visit kickoff and coaching on diet, exercise, sleep, and stress management every 4 months

In-office appointment access

Next-day (Mon–Fri)

Unlimited telehealth visits via text/video for urgent sick care

Up to 6 in-office follow-ups included; \$100 each thereafter

Post-hospitalization discharge management

Physician calls within 24 h to reconcile meds & next steps (included)

Specialist coordination & referrals

Physician referral to preferred specialists and assistance with appointment setup.

Advanced screenings & imaging coordination

Proactive risk-based recommendations; concierge scheduling; Imaging Early-Detection bundle (whole-body MRI + LDCT + CAC) \$3,500, Galleri Early Cancer Detection Blood Test - \$900

Prescriptions

eScripts sent to pharmacy; Option to purchase wholesale in-house medication

Skincare product discount

15 % Discount