

# 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, CardiolIQ/ 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