

## The Bella Milagros™ Executive Rejuvenation Medicine Program

This unique Executive Rejuvenation Medicine Program thoroughly evaluates your current health status. This is a commitment from both of us to work together to change your behaviors and lifestyle so you may reach and achieve Optimal Health.

In this Concierge program, you will undergo a VIP:

1. Complete history and physical examination
2. Colon cancer screening test
3. Urinalysis
4. Complete blood count
5. Electrolytes panel
6. Hg-A1C
7. Kidney panel
8. Liver panel
9. 5 protein thyroid function panel
10. Inflammatory markers of the joints and heart
11. 4 different fatty acid (cholesterol) values and Total Triglyceride
12. DHEA
13. Testosterone
14. PSA (men)
15. Micro-nutrients
16. ECG
17. Resting Cardiac ECHO
18. Carotid Doppler Flow Ultrasounds
19. Thyroid Ultrasound
20. Optional studies include a chest x-ray and Cardiac Stress Treadmill with Stress ECHO, Abdominal Aorta Ultrasound, Lower Extremity Arterial Doppler Ultrasound, and Nerve Conduction Velocities.

Your initial consultation and examination will take between 3 and 4 hours. Once monthly, we will meet and discuss your progress in detail (45-60 minutes). Some of the above tests may be repeated monthly or as needed to gauge your progress.

As you can imagine, your health insurance (PacifiCare, Blue Cross/Shield, Aetna, Cigna) won't pay for "screening" tests or for prevention of illness. If you have one of the disease states above, we may be able to get some of the tests and/or treatments paid by your PPO insurance company.

We work under the assumption that they will deny your requested tests and services, and we provide you with the costs before any tests or services are rendered. If you chose to have tests or services provided, we will provide you with a detailed receipt so you can submit it to your accountant, insurance company, etc, for any future reimbursements that may be due to you by your insurance company.

***I'll put in the time and effort it takes to improve your health, if you are willing to do the same!***

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