

# Continue Your Health Optimization Journey

You've invested in understanding your health, now let's optimize it.

Now that you've completed our comprehensive Personal Health Assessment, you have powerful insights about your health. But health optimization isn't a one-time event, it's an ongoing partnership that adapts as your body and needs change.

## How It Works

**Continuous physician-led year-long care**, so that you can maintain momentum and achieve lasting results.

**Starts immediately** following your initial 3-month membership period, ensuring seamless continuity in your health plan.

## What's Included Per Quarter

- ✓ One physician visit (virtual or in-person)
- ✓ Care consultant support for questions between visits
- ✓ Adjustments based on your progress
- ✓ Lab monitoring as clinically indicated
- ✓ Collaborative with your existing healthcare team
- ✓ Portal access, office hours and exclusive educational resources

## YOUR ONGOING CARE PATHWAY

### PHA Ongoing Care\*

*If you completed a Personal Health Assessment*

**\$1,800 + HST to complete your year of care\*\***

Comprehensive support that builds on the 8 Pillars addressed in your assessment. Includes hormone therapy management, medication monitoring, metabolic health optimization, and coordination across all aspects of your health plan.

#### Ongoing Care Members receive 10% off:

- DEXA Body Composition Scans (excluding those performed as part of their PHA)
- Products sold in our retail shop (in-store and online)
- The Physio-Informed Emsella Program

\*Lume's Ongoing Care programs are supplemental, physician-led services and are not a substitute for primary care or urgent medical services. Terms and conditions apply. \*\*Covers 9 months of care immediately following the initial 3-month membership period.

Ready to Continue  
Your Progress?

Connect with our Care Team to learn more.

☎ (416) 646-1510

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WOMEN + HEALTH