



# BIÂN

CORPORATE INTEGRATIVE EXECUTIVE PHYSICAL

## **ELEVATE YOUR MEDICAL CARE** *with an* **INTEGRATIVE EXECUTIVE PHYSICAL**

**BIÂN's Corporate Integrative Executive Physical merges world-class medical, wellness, and preventative offerings with meaningful and effective lifestyle action plans in a luxurious and enjoyable one-day experience.**

The BIÂN Integrative Executive Physical is unique in that along with the full medical evaluation, we provide exposure to other proven medical modalities such as acupuncture and Eastern Medicine with trusted, vetted experts in the field.

Designed for busy individuals interested in taking control of their medical care, BIÂN takes a deeper look into your health and lifestyle in an efficient, effective, and robust one-day evaluation, all within the comfortable environment of our private club.

**INVESTMENT | \$3,200**

### **CONCIERGE MEDICAL EXAMINATION**

**Geared toward the complete wellness picture of the individual with a focus on evidence-based preventative medicine.**

- 60 to 90-minute dedicated one-on-one with our BIÂN Concierge Medical Director for a comprehensive physical exam
- Extensive review of your personal health landscape including family and social history, medications, supplements, current physical ailments and personal health concerns
- Review of all age/sex-appropriate health screening tests and immunizations
- ECG – providing basic analysis of the rhythm and structure of the heart
- InBody 770 – body composition profile and analysis
- Extensive customized blood work panel and urinalysis
- “Cardio-IQ” – advanced cholesterol profiling for cardiovascular risk analysis
- Comprehensive written follow up providing commentary of all lab test results, recap of health maintenance needs, and individualized treatment recommendations

### **NUTRITION CONSULTATION**

**Our Doctor of Naturopathy and Nutrition will explore nutritional habits that appreciate the uniqueness of each person. By working with the body's wisdom and the relationship between individual and consumption, this process will evaluate a deeper level of nutrition, supplementation and overall health.**

- 60-minute nutritional evaluation, consultation, and discussion covering:
  - Eating habits and timing
  - Environment and eating behaviors
  - Basic lifestyle habits
  - Sleep
  - Stress management
- Supplement audit and recommendations

*BIÂN's integrative approach is the future of medical care.*

### **FUNCTIONAL MOBILITY & MOVEMENT**

**The Functional Movement Screen will assess movement patterns and mobility. This screening tool identifies limitations and asymmetries to prevent injuries and optimize your movements in everyday life. If pain or injury is identified, an extensive musculoskeletal physical exam will be performed.**

- Complete 45-minute FMS screening and analysis
- Musculoskeletal physical exam and diagnosis if necessary
- Customized guidance and programming tips for training with precision and purpose

### **EAST ASIAN MEDICINE EVALUATION**

**By stimulating the body's own healing mechanisms and utilizing specific diagnostics we assess your internal complex network through the Eastern Medicine lens to treat and prevent imbalances.**

- Detailed intake and diagnostics such as skin, tongue, hair, eyes and pulse strength
- Complete 60-minute acupuncture treatment to facilitate deep relaxation and activation of the parasympathetic nervous system
- Alternatively, treatment can be customized to address specific needs

### **SPECIALIST EVALUATION**

#### **DERMATOLOGY EVALUATION**

- Comprehensive skin examination including dermoscopic evaluation of pigmented lesions
- Discuss risk factors for skin cancer and review dietary supplements that may improve skin and overall health
- Review preventative sun protection strategies

*Lunch will be provided as well as an optional Infrared Sauna session.*