



Maximize Healthspan & Lifespan

LONGEVITY PROGRAM

Designed to elevate your path to health. Our exclusive longevity program offers a tier of wellness tailored specifically to optimize both your healthspan and lifespan, allowing you to live a longer, healthier life.



theBespoke\Longevity program transcends conventional approaches. Our team of integrated health professionals comprised of longevity physicians, naturopathic doctors and functional health coaches prioritize your holistic self-awareness, self-control, and proactive self-care, departing from mere disease management.

TAILORED PROGRAMS FOR YOU

Our team, led by Dr. Elaine Chin, includes top-tier physicians, naturopathic doctors, and health coaches known for their expertise in innovative scientific advancements.

We provide exclusive access to specialized testing and personalized interventions approved by Health Canada and the FDA for safety and reliability, surpassing traditional healthcare offerings.

Phase 1: Customized program and diagnostic testing (months 0-1)

Phase 2: Review results and health action plan (months 1-3)

Phase 3: Follow-up assessments with year-round support (months 3-12)

Fees: from \$10,000 /annually

Let us tailor your longevity program.

Embark on a transformative path towards sustained vitality and longevity as you unlock the potential for a longer, healthier life.

[CONTACT US FOR A CONSULTATION](#)



LET US TAILOR YOUR LONGEVITY PROGRAM

COMPONENT 1

CUSTOMIZED PROGRAM

- Initial consultation with MD to personalize program
- Initial laboratory assessments based on customized testing protocol including: cardiometabolic, adrenal, thyroid, hormone, and selected nutrient profiles
- Scheduling of traditional diagnostic imaging offsite: x-ray, ultrasound, mammogram, bone density as applicable
- Strategy Session #1 (SS1): MD+ ND Review Session (1.5+ hour) of above diagnostics
- Coaching from our functional health coaches
- Access to patient health record MyWellnessFile™

FOLLOW-UP ASSESSMENT

- Schedule diagnostic imaging follow-up based on SS1 including: cardiac CT imaging, MRI, sleep studies, cardiac/vascular, and colonoscopy, etc.
- Schedule specialists and other integrated health professional appointments based on SS1
- Additional follow-up laboratory testing identified from SS1
- Strategy Session #2 (SS2): MD + ND Review Session (1 hour) of above diagnostics
- Additional Review Sessions (MD or ND) as necessary
- Review sessions with registered dietitian

YEAR-ROUND SUPPORT

Your integrative MD, ND will coach you to keep you on track to achieve your health and wellness goals.

Price: \$10,000



COMPONENT 2

SPECIALIZED TESTING BUNDLE

- Nutrient and Toxicity Profile to support nutrient optimization
- Food Sensitivities
- Neurotransmitters
- Telomere Length

Bundle price: \$4,500



COMPONENT 3

OPTIONAL ADVANCED DIAGNOSTICS

- Total Body MRI
- CT Angiogram
- Genetics

Pricing varies based on selection

theBespokeWellnessGroup™

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