



Longevity Program

MAXIMIZE HEALTHSPAN & LIFESPAN

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.



Our 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](#)



ESSENTIALS LONGEVITY PROGRAM

YOUR ESSENTIALS

PROGRAM DETAILS

- Initial consultation with MD to personalize program
- Laboratory diagnostics based on customized testing protocol from consultation to detect:
 - cardiac, cancer and metabolic risks
 - hormone imbalance
 - nutrient deficiencies
- Diagnostic imaging offsite as applicable
- Review sessions with health team (1.5h+ meeting):
 - physician & naturopathic doctor conference
 - registered dietitian

FOLLOW-UP DETAILS

- Required diagnostic imaging follow-up based on review session: mammogram, ultrasound, chest x-ray, colonoscopy, cardiac, CT imaging, and MRI
- Schedule specialists and other integrated health professional appointments
- Additional follow-up testing
- Follow-up sessions with health team:
 - physician
 - naturopathic doctor
 - registered dietitian

YEAR-ROUND SUPPORT

Your integrative health team will guide you to extend your healthspan, not just your lifespan.

MEMBERSHIP BENEFITS

Gold-level status to theBespokeWellnessClub

Price: \$10,000



ADD-ON TESTING

SPECIALIZED PANELS

- Upgraded Cardiac Risk Markers
- Nutrient and Toxicity Profile
- Food Sensitivities
- Neurotransmitters
- Gut Biome Mapping

Pricing varies based on selection



ADD-ON IMAGING

OPTIONAL ADVANCED DIAGNOSTICS

- Total Body MRI
- CT Angiogram
- MRI Breast/Prostate
- MRI Liver/Brain (USA only)

Pricing varies based on selection



ADD-ON GENETICS

OPTIONAL GENETICS TESTING

- Telomeres Length
- Cancer Risks
- Cardiovascular Risks

Pricing varies based on selection

theBespokeWellnessGroup™

www.bespokewellness.group | contactbespoke@bespokewellness.group | 647.273.8766

1 Yorkville Avenue - Unit 1C, Toronto, Ontario M4W 0C1



ESSENTIALS COMPLETE LONGEVITY PROGRAM

YOUR ESSENTIALS COMPLETE

Includes all Essentials Longevity

- PROGRAM COMPONENTS
- FOLLOW-UPS
- YEAR-ROUND SUPPORT

SPECIALIZED TESTING

- Upgraded Cardiac Risk Markers
- Nutrient and Toxicity Profile
- Food Sensitivities
- Neurotransmitters
- Gut Biome Mapping

GENETICS TESTING

- Telomere Length

MEMBERSHIP BENEFITS

Upgrade to Platinum-level status to theBespokeWellnessClub

Price: \$16,000



ADD-ON IMAGING

OPTIONAL ADVANCED DIAGNOSTICS

- Total Body MRI
- CT Angiogram
- MRI Breast/Prostate
- MRI Liver/Brain (USA only)

Pricing varies based on selection



ADD-ON GENETICS

OPTIONAL GENETICS TESTING

- Cancer Risks
- Cardiovascular Risks
- Lifestyle (Nutrition & Fitness)

Pricing varies based on selection

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theBespoke Wellness Club

MEMBERSHIP BENEFITS

Our membership program is designed to equip you with the tools and knowledge to navigate your successful wellness journey. Enjoy a mix of complimentary services, exclusive discounts on products and services, and access to insightful events, podcasts, and videos. Designed to support you in achieving your health goals, our program empowers you to live a longer, healthier life.

BENEFITS	PUBLIC	BRONZE	SILVER	GOLD	PLATINUM
Newsletters	✓	✓	✓	✓	✓
Podcasts & Videos	✓	✓	✓	✓	✓
10% Off Smoothies	✓	✓	✓	✓	✓
15% Off Supplements	✗	✓	✓	✓	✓
15% Off Products	✗	✓	✓	✓	✓
Onsite Events	✗	✓	✓	✓	✓
10% Off Spa-Type Services	✗	✗	✓	✓	✓
1 Free Massage per Year	✗	✗	✗	✓	✓
1 Free Hydrafacial per Year	✗	✗	✗	✓	✓
1 Free Fitness Test	✗	✗	✗	✓	✓
Wowbox	✗	✗	✗	✗	✓
	Free	\$25/mo	Included with Performance Programs	Included with Longevity Essentials Program	Included with Longevity Essentials Complete Program

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