

Executive Health Program

The Future of Executive Performance



A Concierge Level World-Class Offering

**The Leader for High
Performance Health**

www.gapininstitute.com



The Future of Executive Performance

When you participate in our Executive Health Program, your health becomes the center of attention for a full day.

What are your Key Health Indicators?

Most businesses have a range of key performance indicators (KPIs) that they monitor regularly to drive growth. But are you measuring your team's KHI, key health indicators?

Executives who took part in an executive health program submitted 20% fewer health claims and lost 45% fewer workdays. Not watching the health of your key executives can have devastating effects on your company.

Allowing your executives to take charge of their health can have lasting impressions on your company's bottom line. When the executives and leader of your business are in optimal health, their output will inevitably flourish.

Your Journey to Optimal Health

We start before you even arrive to deliver the transformation you seek.

Your Pre-Visit Guide - Find Your Why

Part of the Gapin Code is an emphasis on living with intention. What do you want most from true health and peak performance? Revisiting your core purpose for coming to our medical wellness center will help guide you toward your true health potential.

Analytics in Advance

In the weeks leading up to your visit, you'll have a concierge consult with one of our health advisers who can help clarify your intentions, make best-fit recommendations, and help *gather biometrics before you even step foot in our facility.*



Precision Health & Performance

We offer comprehensive world-class, concierge health services. A 5-star, preventive and predictive approach to peak performance.

“The Precision Performance Executive Health Exam,” is a full day comprehensive health exam unlike anything you've ever experienced within a luxury setting of world-class health optimization.

Our best-in-class longevity and performance solutions blend data, diagnostics and cutting-edge science with precision strategy to optimize your health. At the Gapin Institute, we believe nothing is more important than the quality of your life, and that all begins with your health. We are inspired to optimize your healthspan, vitality and overall performance while utilizing leading-edge advanced technologies including:

- *Precision Diagnostics*
- *Performance Optimization and*
- *Lifestyle Medicine*



FOUNDATION OF HEALTH

EXECUTIVE HEALTH PROGRAM DETAILS:

✓ **DETAILED MEDICAL HISTORY & PHYSICAL EXAMINATION**

Thorough Review of Medical, Social & Family History
Lifestyle Assessment
Head to Toe Physical Exam
Prostate Cancer Screening (if applicable)
Dermatology Screening

✓ **COMPREHENSIVE LAB ANALYSIS & GENOMIC PROFILE**

Extensive Functional Lab Testing
Genetic Interpretation - over 700,000 genomic markers analyzed
Colon Cancer Screening
Nutrigenomic Evaluation
Biologic Age Testing

✓ **COMPLETE CARDIO-PULMONARY EVALUATION**

✓ Coronary risk and lipid panel
Resting Electrocardiogram (EKG)
Non-invasive heart and lung CT scan
Coronary Calcium Score

✓ **IMAGING SERVICES**

✓ Full body CT scan
Body composition analysis
Chest X-ray
Carotid ultrasound screen

✓ **NUTRITIONAL & LIFESTYLE ANALYSIS**

✓ Lifestyle Analysis
Nutritional Consult
Fitness Assessment
Health and wellness education

✓ **PHYSICIAN CONSULTATION & COMPREHENSIVE REPORT**

✓ Extended meeting to review all screening and test results
Review medication and supplement recommendations
Wearable Tech Implementation
Discuss and review personalized health & performance plan



Our Elite Program

EXECUTIVE HEALTH PROGRAM PRICING

Take your executive group to the next level of health. The Executive Health Program for Elite Executives consists of a variety of screenings and tests to provide the very best in early detection and a personal roadmap to better health for business execs and the like.

INDIVIDUAL: Please inquire.

GROUP PRICING: Please inquire.

Gapin Institute has helped countless companies develop an executive health program centered on an executive physical exam that delivers precision. From the Fortune 500 corporation looking to provide an executive physical for their C-Suite and all their top performers to the small business looking to offer it to their CEO, we've designed programs that deliver a meaningful and valuable return for businesses of all sizes.

When adding executive physicals to your benefits package, you should expect the program to deliver ROI in four main categories:

- 1. Recruitment and retention*
- 2. Long-term business risk*
- 3. Health insurance costs (for self-insured employers)*
- 4. Health of your participating employees*

We work with companies of all sizes to structure an executive health program that works for them.

**Longer healthspans
start here.**



Why Gapin Institute?

The Executive Health Program is just the beginning.

Unlike other programs, our approach provides an option for continued support after you leave to help you and your team implement **personalized health strategies** for long term success.





PRECISION PERFORMANCE OPTIMIZATION: (ADDITIONAL SERVICES AVAILABLE)

- Hormone Balancing
- Energy/Vitality
- Weight Loss Programs
- Strength Optimization
- IV Nutrition & Longevity Packages
- Aesthetics
- Stem Cells
- Peptide Therapy
- Sexual Performance
- GAINSWave & PRP
- N1 Performance Health Program
- Cognition Regeneration
- Prostate Recovery

**Elevate overall health &
sexual performance.**





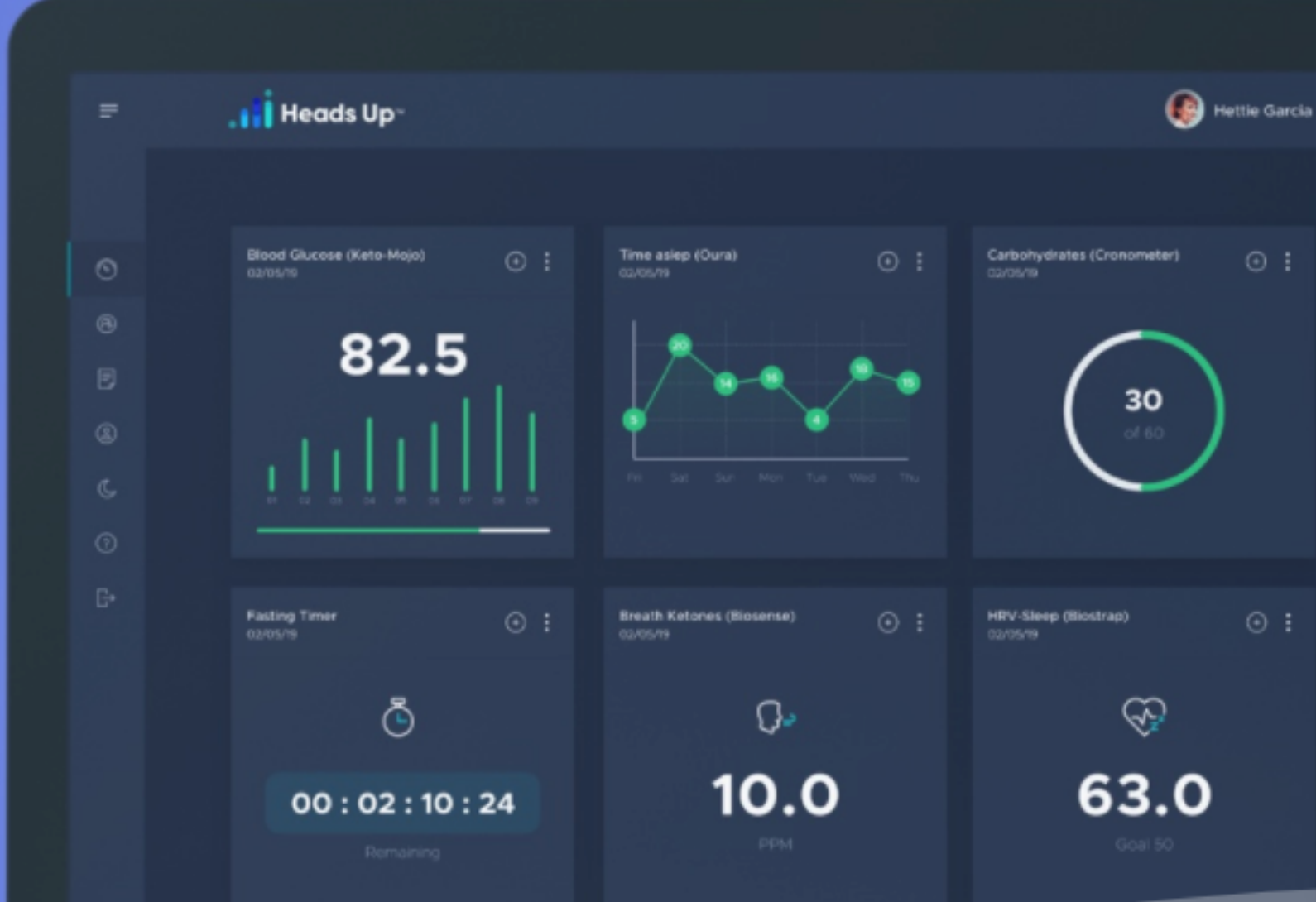
LIFESTYLE MEDICINE & HEALTH COACHING

Your day to day interactions from the foods you eat, air you breathe and thoughts you think, constantly inform your genome to activate or hibernate. Have you ever wondered why one diet works for one person and not another? The difference isn't in the diet, it's in your genes and how they respond to the foods you eat. Each person is unique. Your code contains the blueprint to support your individual expression of thriving health and wellbeing.

A certified epigenetic specialist and health coach can support you in understanding your genetic potential and our health coaches help guide the precise lifestyle strategies that you can leverage to enhance your health and **PERFORMANCE**.

Precise answers into a single state of well-being that's singularly yours





WEARABLE HEALTH MONITORING

Physiological insights give you a real-time diagnostics. Emerging wearable technology makes it easier than ever to collect valuable data on your health. **Gapin Institute** uses Biocanic to provide you with the ultimate key performance indicators.

- Track deep sleep, HRV, blood sugar, ketones, lactate threshold, sleep, stress levels and other specialized health metrics.
- Share with a health coach for data-driven results.





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Contact Our Concierge
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