

# Credit Menu

Diagnostic Services	Description	Credits
Follow Up Blood Panel	Mid year lab panel and review	10
Oura Ring	12 Month membership	30
Genetic Testing	23&Me Test + 60 min results consult	26
GI Testing	GI Test + 60 min results consult	39
Dexa Body Scan	Body composition and bone density scan	13
CGM	Continuous Glucose Monitoring	12
Vo2Max	Cardiorespiratory fitness test	9
Medicine Electives	Description	Credits
Naturopath Consult	60 min with Dr. Bobby Parmar	11
Naturopath Consult	45 min with Dr. Bobby Parmar	9
Naturopath Consult	30 min with Dr. Bobby Parmar	6
Nurse Practitioner Consult	60 min with Lianne, NP	8
Nurse Practitioner Consult	30 min with Lianne, NP (Primary or Preventative)	4
Mental Wellness	Description	Credits
Mental Wellness Consult	50 min with an RCC	6
Movement Electives	Description	Credits
Movement Consult	30 min with Physio	6
Movement Plan	60 min single consult with a kines/trainer	4
Movement Plan Bundle	2x 60 min/month for 3 months with kines/trainer	27
Nutrition Electives	Description	Credits
Dietary Consult	60 min with a Registered Dietitian	6
Dietary Consult	30 min with a Nutritionist	3
Meal Plan	Meal Plan development + 15 min call	3