



# PALM Total Membership

*Take a Whole-Person Approach with Functional Medicine and Primary Care Plus Healthy Lifestyle Support*

## BENEFITS INCLUDE

### All Medical Visits included for the following appointment types:

- All Functional Medicine and Primary Care Visits (may be scheduled as in-person, telehealth, or phone call)
- Annual Preventive Visit
- Same- or next-day visits for urgent issues with a PALM Nurse Practitioner

### Elevated Medical Access and Support

- Direct phone access to the on-call medical provider on nights, weekends, and holidays
- Unlimited messaging with your medical doctor through the PALM Health Portal
- On-site lab draws\*
- Phone calls with your medical provider to discuss labs and plan
- Ongoing support from a Navigator Team to advise you about services and providers to meet your goals

### Wellness Services Included:

- A customized set of 6 wellness assessments and services from the PALM Choice Pack for nutrition, fitness, coaching, and wellness therapies (see our Choice Pack Services for a full list of options)

- Unlimited Lifestyle Sessions (Cryotherapy, BioMat, Infrared Sauna, Salt Room, PEMF Mat, Classes (in-person, virtual, and on-demand))
- Fitness Center Access (by appointment and as available)
- Free educational seminars addressing the latest topics in health and wellness
- Wellness Rewards Points and Referral Program

**Access to (à la carte fee schedule applies):**

- Mental Health, Neurology, Cardiology, and Physical Medicine and Rehabilitation Visits, as available
- Executive Health 360° Assessment
- Specialty Labs, as recommended
- Wellness Services (i.e. personal training, fitness, nutrition, spa, acupuncture, corrective movement, and chiropractic – see full menu)
- Prescriptive Wellness Programs (i.e. weight loss, headache)
- Choice Packs, Resilience and Stress Packages, and Day Spa Packages
- Café access for nutritious beverages, snacks, and meals

**Add-on:** Choice Packs

\*Labs submitted through Quest or LabCorp will be processed through your insurance. Specialty labs will be based on an out-of-pocket fee schedule and are not covered by your insurance. Diagnostic imaging and testing as may be recommended by age and gender, will be referred to a third-party center and processed through insurance, as applicable, per your plan.



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