



PALM Intensive Membership

Partner with Experts Who Care for Comprehensive Support and Premium Service

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)
- All Neurology Visits, as available (may be scheduled as in-person, telehealth, or phone call)
- All Physical Medicine and Rehabilitation Visits, as available (may be scheduled as in-person, telehealth, or phone call)
- All Preventive Cardiology Visits, as available
- 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
- Primary Care MD cell phone access
- 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
- Family meetings with your physician
- Coordination of care with outside providers
- Ongoing support from a Navigator Team to advise you about services and providers to meet your goals

Wellness Services Included:

- 4 Counseling Sessions
- A customized set of 12 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 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.



9160 CLAYTON ROAD, ST. LOUIS, MISSOURI 63124 | 314.801.8898 | PALMHEALTH.COM

