



PALM Lifestyle Membership

Boost Your Strength in Mind and Body with Fitness and Wellness Services

BENEFITS INCLUDE

Wellness Services Included:

- 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
- Ongoing support from a Navigator Team to advise you about services and providers to meet your goals

Access to (à la carte fee schedule applies):

- Physical Medicine and Rehabilitation Consults, 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)
- Vitality Packs, 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.