



PALM Functional Telemedicine Membership

Find and Stay on the Right Path to Good Health with Functional Medicine from Wherever You Are

BENEFITS INCLUDE

All Medical Visits included for the following appointment types:

- All Functional Medicine Consults by phone call
- All Functional Medicine Consults by video call

Elevated Medical Access and Support

- Unlimited messaging with your medical doctor through the PALM Health Portal
- On-site lab draws; Saint Louis only*
- 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:

- Unlimited Virtual On-Demand Classes
- Bi-monthly educational seminars addressing the latest topics in health and wellness

- Wellness Rewards Points and Referral Program
- Supplement and online market for purchases

Access to (à la carte fee schedule applies):

- Specialty Labs, as recommended
- Virtual Wellness Services
- Executive Health 360° Assessment at PALM Health Saint Louis
- In-person wellness services at PALM Health Saint Louis

Add-ons (in-person at PALM Health Saint Louis):

- Unlimited classes, \$99/month
- Unlimited cryotherapy, \$99/month
- Unlimited Lifestyle Sessions (Cryotherapy, BioMat, Infrared Sauna, Salt Room, PEMF Mat, Classes, and Fitness Center Access), \$250/month
- Choice Packs and Vitality 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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