



RevolutionaryMD

ADVANCED PREVENTION & WELLNESS PROGRAM

POWERFUL ADVANCED HEALTHCARE TO HELP YOU LIVE YOUR BEST



HEALTH AND THE QUALITY OF LIFE

Advanced personalized and functional medicine for the body, mind and spirit are critical to feel and live your best life. Dr. Grover has developed an innovative and advanced integrative model aimed at optimizing nutrition, balancing hormones, addressing functional (root cause) imbalances, and utilizing advanced genetic and cardiovascular screening to help prevent disease and more effectively managing existing ones.

ADVANCED WELLNESS PROGRAM INCLUDES:

- **Pro-active Preventive Care** — Dr. Grover takes prevention to a higher level to keep you out of the hospital and feeling your best. This is achieved by preventive screening, genetic testing, advanced imaging, functional lab testing based on your risk factors.
- **Expanded Scope of Practice and Expertise** — includes advanced preventative screening/counseling, nutritional counseling, hormone balancing and direct physician access at a very reasonable price. Discounts are included for additional services such as skin care and other valuable services. Other concierge plans only offer improved access to traditional care—we provide convenient access plus expanded scope of care.
- **Expertise in Integrative-Holistic/Anti-Aging/Functional Medicine** — Dr. Grover is Board Certified Integrative, Anti-Aging, and Family Medicine, offering the most comprehensive approach to your health and global wellness.
- **Personalized Friendly Care** — Visits are typically 30 to 90 minutes, not the tradition 5-15 minute visit. His passion is to listen, thoroughly assess your body, mind, spirit and appearance and then develop the best prevention and treatment game plan enabling you to live your best.
- **Hormone Restoration and Balancing** — Dr. Grover has extensive training balancing your hormones and is highly experienced in bio-identical hormone replacement for men and women. Expensive hormone replacement franchises refer you back to primary care for basic needs, which we will help you with if desired. Hormone balancing options include topical creams, pellets, patches, troches, suppositories, etc. The best modality is chosen to meet your needs and optimal balance. Testing can be done through a lab affiliated with your insurance.
- **Online Consultations and Phone Consultations** — providing convenient access and response time to your health conditions for issues that don't need an exam and improves your productivity.
- **An Independent and Non-Biased Practice** — We do what is best for you. We don't prescribe treatments to profit from hormone prescription sales. You can use any pharmacy that carries the recommended medication and use any lab covered by your plan, or we can help provide a discount for labs through our office if lacking coverage for labs by your plan.
- **Cutting Edge Technology** — Our long term use of electronic medical records with e-prescribing, drug interaction checks, preventative screening tracking, enables safer and more effective monitoring of your health.

HOW WE OPTIMIZE HEALTH

PHYSICAL WELLNESS

- **Achieve Optimal Body Mass Index (BMI), Muscle Tone and Balance** — to help you feel and perform better.
- **Correct** — nutritional deficiencies, optimize diet for vitality and to reduce inflammation, improve energy and optimize cellular function to the mitochondrial and even telomere (DNA) level.
- **Correct and Restore Hormone Imbalances as needed** — including thyroid, adrenal, sex and growth hormones to restore youthful levels and slow the aging process. This can help improve energy, sex drive, and may help with cognitive function.



MENTAL WELLNESS AND BALANCE

- **Assess Brain Health** — Comprehensive Functional evaluations including QEEG brain mapping, SPECT imaging, PET, neurotransmitter levels, hormone balance and surveys to more accurately evaluate and help you achieve optimal cognition and mood as indicated.
- **Counsel on Stress Reduction** — helping identify the right combination of mindful activities to balance your work and personal life. This may include helping you explore meditation, yoga, Tai Chi, sound therapy, exercise, spirituality and other modalities that interest you.
- **Counsel on Cutting Edge Brain Health Therapies** — such as neurofeedback, near-infrared (NIR) trans-cranial LED therapy for improved cognition based on your condition.
- **Restore and Maintain Brain Health** — through optimal nutrition and hormonal balance and modalities beyond a prescription.

APPEARANCE

- **Appearance From the Outside** — Dr. Grover will help you maintain or restore a more youthful appearance using topical therapies such as Laser, Intense pulsed light, injectable therapies (ie: Botox, Juvederm) to improve your skin texture, restore volume to cheeks, reduce fine lines, remove sun spots and redness, and soften crow's feet and frown lines.
- **Appearance From the Inside** — Balancing hormones can improve collagen synthesis and blood flow to your skin. Nutritional enhancement with anti-oxidants, Vitamin D, omega-3 and telomerase activation can also help improve your skin health. Nutritional blood tests are recommended to find the right balance for you.

IN-DEPTH HEALTH ASSESSMENT

In-Depth Annual Physical with Prevention and Wellness Counseling	<p>Included Annually:</p> <ul style="list-style-type: none"> • Thorough Health Profile – family history, life style, diet, exercise, risk factors (counseling for genetic testing if indicated) and age appropriate screening. • Thorough Exam – Including body composition, Dermatoscope skin inspection, when indicated a EKG and Spirometry • Evaluation of Basic and Expanded Lab Panels – for assessment of cardiovascular, pulmonary, renal, metabolic and hormonal health. • Evaluation of Nutritional Tests and Genetic Screening – when indicated, or if desired.
Body Fat Analysis and Metabolic Test	<ul style="list-style-type: none"> • Body fat analysis included with annual and follow-up visits. • Metabolic test included annually if desired.
Advanced Genetic and Cardiovascular Screen	<ul style="list-style-type: none"> • Counseling included for Pathway genetic panels and for heart scans, carotid ultrasounds and other advanced testing.

GAME PLAN AND QUARTERLY MONITORING/ADJUSTMENT

Annual Game Plan – Based Upon Assessment	<ul style="list-style-type: none"> • Body Optimization – to achieve ideal level of fitness, weight, blood pressure, nutrition and hormonal balance. • Mental Optimization – to achieve sharpness/balance & prevent/treat depression or anxiety. • Lifestyle Optimization – achieving balance and reducing stress related illness.
Quarterly Game Plan Monitoring/Adjustments	<ul style="list-style-type: none"> • Body fat analysis included with annual and follow-up visits. • Metabolic test included annually if desired.

PREVENTIVE GAME PLAN

Anti-aging/Bio-Identical Hormones Counseling	<ul style="list-style-type: none"> • Initial consultation and treatment recommendations included • 3 follow-up visits included
Advanced Skin Care & Cosmetic Dermatology	<ul style="list-style-type: none"> • Assessment with dermatoscope. • 25% off Intense Pulsed Light Photofacials. • 10% off any additional treatments such as Botox, Juvederm. • Excisional biopsies included, but need to pay for surgical kit (\$30) and pathology through insurance. • Cryotherapy of benign lesions included.
Integrative Medicine Therapy Counseling	<ul style="list-style-type: none"> • Annual recommendation for integration of eastern medicine, nutritional supplements and other complementary therapies.

WELLNESS GAME PLAN

Wellness Coaching	<ul style="list-style-type: none"> • Quarterly phone consultations or in-person visits as indicated/desired to review wellness goals, progress and adjustments
Nutritional Coaching	<ul style="list-style-type: none"> • Annual – with quarterly follow up as indicated. Personalized functional lab and genetic tests as indicated. Evaluation and counseling included, lab cost extra.

PLAN STRUCTURE

Office Visits	<ul style="list-style-type: none"> • Up to 10 office visits annually. Scheduled through office or on-line scheduling.
Fee Structure	<ul style="list-style-type: none"> • Reasonably priced. See our website for pricing. This can be applied to most HSAs and Flex accounts • Discounted fees for couple or family
Coordination of Referrals and Refills, Letters and Forms	<ul style="list-style-type: none"> • Covered as needed
Billing	<ul style="list-style-type: none"> • Billing at time of sign up. Can be paid annually or quarterly. • 10% off additional family members.
Not Covered	<ul style="list-style-type: none"> • Labs, pathology, x-rays, immunizations, medications, surgery and hospitalizations can be billed out to your insurance by you in most cases. • In office minor skin surgery, surgical kits and suture may incur a small additional fee. • Hormone Pellet therapy and injectable B12 are extra but discounted.
Doctor Access	<ul style="list-style-type: none"> • Office phone/cell phone/email (direct access) • Same or next day appointments • Skype

Terms and Conditions: Reimbursement for annual fee in Advanced Wellness program and for the Standard wellness program may vary from partial to no coverage, based on your insurance plan, Flex, or HSA. The advanced plan bundles everything to keep it simple and provide the most personalized care. Recognize that these are wellness plans, and not health insurance plans. Neither of these will cover medications, labs, surgery, immunizations and hospitalizations etc. that are part of a health insurance plan. You should always maintain at least a high deductible health plan in the event of a needed hospitalization or unpredictable ER visit. Medicare will not reimburse for fees from our office or wellness plan.