

# theBespoke\ExecutiveHealth

Wellness as singular as you are.

Health and wellness is treated as one-size-fits-all and is often shaped by what's in vogue – instead of what truly fits a person's lifestyle and needs.

Despite differences in lifestyles, biology, and goals, people both seek out and are advised to pursue the same wellness path. But what is effective for one person, might not work for another. So while a new treatment or practice might be trendy, we know that it might not be effective in helping people bring their physical and mental health into harmony.

**theBespoke\ExecutiveHealth** offers wellness solutions that are tailored to individuals, even down to their very cells.

We always start with the individual. By understanding every part of them, from their genetics to their career goals, we are able to create highly bespoke solutions. That means no two, program recommendations, treatment plans or genetics-driven product formulations are the same.

## OPTIONS

01

**theBespoke\Balance**

02

**theBespoke\Bridge**

01

## theBespoke\Balance

Your program is tailored to protect and propel you. Not dictated by what's in vogue, but what's right for you, your body and where you want to take it next.

**theBespoke\ExecutiveHealth** team is focused on assessing disease risks, managing hormone balance and critical nutrient levels to achieve optimal health and mental resiliency.

Your health team, comprised of a physician and naturopathic doctor will advise you on how to improve your physical and mental health status based on your set of genetics and science-based biometrics data.

Ultimately our goal is to support you to perform at your peak ability, physically and mentally.

So step in and step up. Let us begin.

*This is wellness, made profoundly personal.*



## theBespoke\Balance

Your customized program with add-on components is tailored to address your health concerns and goals based on your initial consultation with Dr. Elaine Chin or her health team members.

Once your biometric testing is completed, your personal health action plan is determined from your unique results and health risk factors by your integrated health team.

Follow-on diagnostic and biometric testing with revisions of your health action plan continues for a year with your health team and specialists, as necessary.

## theBespoke\Balance

CUSTOM PROGRAM ..... Total health

- COMPONENTS ..... 01. General biometrics and action plan  
02. Speciality add-ons  
    a. Nutrient profile  
    b. Food sensitivities  
    c. Neurotransmitters  
    d. Genetics (metabolism, nutrition, skincare, disease risks, telomeres)  
    e. COVID-19 antibodies testing (for variants immunity)  
03. Follow-up assessments and year-round care  
04. Custom supplement formula  
05. Custom skincare regimen

TAILORED BY ..... Dr. Elaine Chin

## theBespoke\Balance fees

COMPONENTS

- 01 & 02 ..... from \$5000 for tailored program  
03 ..... \$2500 for follow-up and year-round care  
04 & 05 ..... from \$250/month for bespoke supplements and skincare



02

## theBespoke\Bridge

As a health consumer you are increasingly aware that all aspects of your life including how you work, what you eat, how well you sleep, how much you exercise and the strength of your social bonds, all impact your health outcomes, mental resilience, overall sense of well-being, and in turn, your performance.

This wellness offering addresses the most urgent and recurring health goals for many of our clients; the desire to attain health weight and experience better sleep.

**theBespoke\Bridge** options can be completed in person or by virtual testing (supported by self-testing kits) followed by a series of health coaching sessions.



## theBespoke\Bridge

CUSTOM PROGRAM ..... Hybrid health

OPTIONS ..... 01. Detox and healthy weight

- a. Cholesterol, A1C, insulin, cortisol, and thyroid test
- b. Lumen metabolism tracker
- c. Coaching\*

02. Destress and best rest

- a. Cortisol, melatonin, and neurotransmitters test
- b. Circul ring sleep monitor
- c. Coaching\*

\*COACHING ..... Review and strategy session with naturopathic doctor. Follow-up with wellness coach to track progress (1 hour + 2x 30 min.)

TAILORED BY ..... Dr. Elaine Chin

## theBespoke\Bridge fees

OPTIONS

01 ..... \$1000

02 ..... \$1250

01 & 02 ..... \$2000

## theBespoke\Founder

Dr. Elaine Chin is on a mission to combat the predictable and preventable illnesses that impact us all.

After seeing too many people she loved pass away from illnesses that could have been addressed, Dr. Elaine Chin decided to devote her life's work to facing them head on.

Out of a conviction that the best cure is prevention, she's combined the power of precision medicine with an integrated wellness philosophy that equips her clients with proactive strategies and tools for whole life health.

30 years later, she's become North America's leading expert on precision care, and a bestselling author.



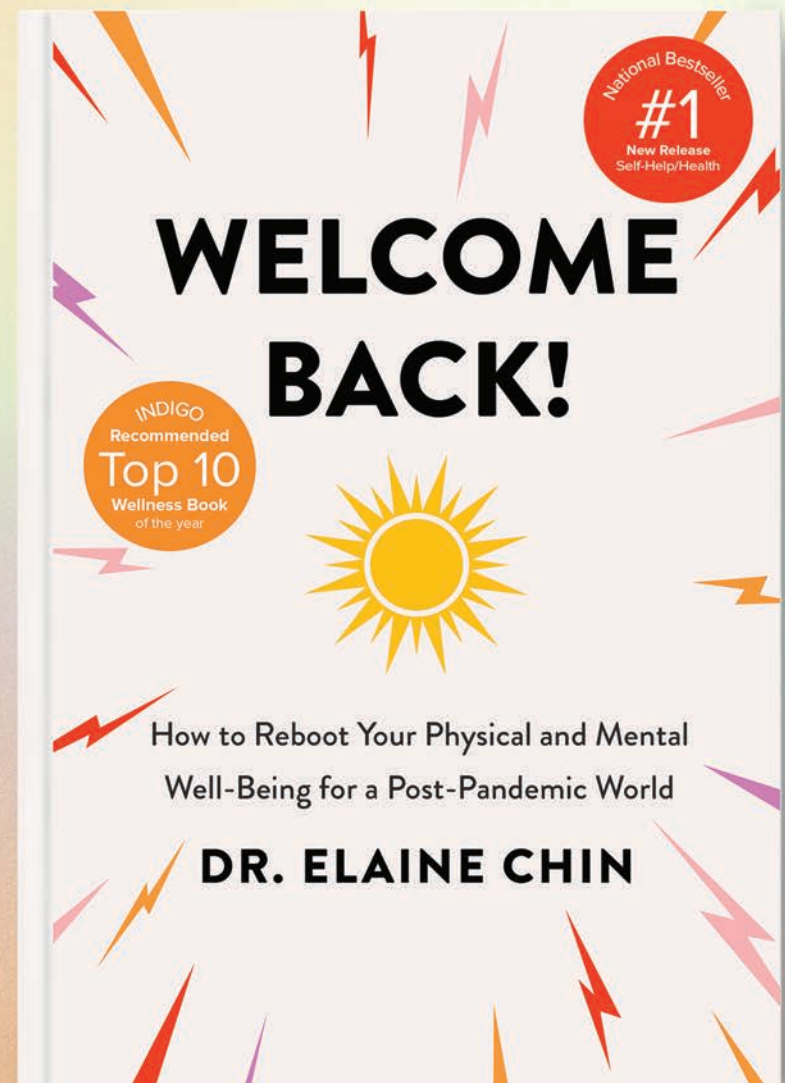


## theBespoke\Book

*Welcome Back!* is your personal wellness partner, placing the benefits of tailored, precision medicine into your hands. With diagnostic evaluations simple enough to complete on your own, you'll be guided from languishing, back to thriving.

The insights you'll uncover in the pages of *Welcome Back!* will help restore your sense of well-being, fortify your immunity, and vanquish pandemic fears and anxiety. Together, we can take one long, deep cleansing breath and get back to the life we once knew.

Wellness is the essential, invaluable foundation for embracing all of life. In *Welcome Back!*, Dr. Chin shares actionable insights and strategies to reclaim your physical stamina and mental fitness in this post-pandemic world.



## theBespoke\Clinic

**theBespoke\ExecutiveHealth** is North America's leading expert in precision care.

Dr. Elaine Chin and her team of integrated health practitioners are respected thought leaders in the space of personalized medicine, integrative health and corporate wellness.

With over 50 years of combined experience comes the science, safety and rigor that is often lacking in the wellness space.

➤ CONTACT US



**theBespoke\ExecutiveHealth**

[executivehealthcentre.com](http://executivehealthcentre.com)