



# Health Optimisation Insights Package

## Take charge of your health destiny

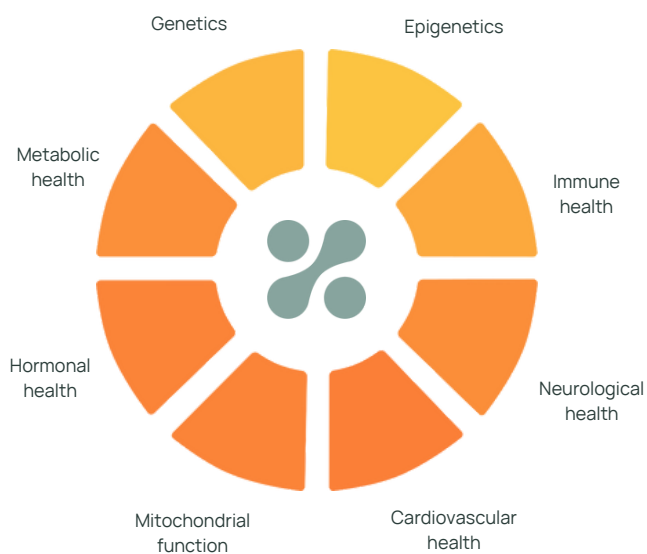
Whether you're motivated by performance, longevity, or maximising healthspan, being your healthiest requires a personalised strategy informed by objective data and expert guidance.

Our **Health Optimisation Insights package** provides you access to cutting-edge data from the world's most advanced laboratories. Once your results are in, an experienced functional medicine practitioner will help you make sense of the data, and provide you with unparalleled insights into your unique body and current health status.

You'll walk away with insights like never before, so you can dial in your health protocol and take your well-being to the next level.



### A full-spectrum approach to total wellness



### Why Melbourne Functional Medicine?

Our award-winning clinic has an unrelenting dedication to empowering our clients to achieve their best health. We have been leading the way in healthcare since 2017, providing innovative, world-class care to Australians and people all over the world who want to feel their best and improve their healthspan.

We unite the latest technologies, skills and knowledge in a revolutionary model that gets results and rave reviews. The Melbourne Functional Medicine approach is personalised, collaborative, and focused on YOU.

Read more in the FAQ's about the value a functional medicine lens brings to test interpretation and health insights.



# Knowledge is power

## Perfect your biohacking regime

Biohacking is about taking control of your biology and optimising it to achieve peak performance.

Get the power to focus on and measure what matters most to your health to unlock your full potential. With data-driven insights and expert support, skip the self-experimentation and get the information you need to fine-tune your biohacking protocol with strategies that bring you a high return on your investment.

### Health Optimisation Insights package inclusions

- ✓ **Rapid health assessment** 45 minutes with a functional medicine practitioner to get clear on your optimisation goals, perform a functional health assessment and ensure the test markers line up with your goals.
- ✓ **Functional testing** 4 tests measuring 400+ biomarkers and 2,000+ epigenetic methylation SNPs. See next page for more information.
- ✓ **Test support** functional tests are more in-depth than regular pathology and require more care to ensure complete and accurate results. We'll support you all the way with 1:1 guidance from a health coach to successfully complete all testing.
- ✓ **Health data interpretation session** a 2 hour and 15-minute appointment where your functional medicine practitioner will take you through each of your test reports, then help you make sense of the data with a personalised insights summary you can walk away with.
- ✓ **BYO pathology review** provide recent pathology or health reporting to include in your interpretation session.
- ✓ **Digital dashboard** we'll provide you with a secure digital dashboard to hold your health data and insights summary.
- ✓ **Health insights summary** documented key and actionable insights. Includes recommendations for supplementation, nutritional and lifestyle protocols, written by a qualified functional medicine practitioner.

### Investment of \$3,988

An initial deposit of \$298 is payable to book your Rapid Health Assessment appointment. During this appointment, your practitioner will assess your health to make sure the Health Optimisation Insights package is right for you.

The remaining balance of \$3,690 is due following the Rapid Health Assessment should you wish to proceed with the Health Optimisation Insights package.



# Unleash your optimum

## Precision health starts with insight

Tests are performed in both Australian based, and international laboratories, with a track record of precision and accuracy. The tests included in our Health Optimisation Insights Package are:

- Comprehensive health status array
- KBMO food inflammation test 132
- MyDNA comprehensive genetic profile
- MyDNAage your biological age and epigenetic profile

Should you wish to access additional tests such as toxin exposure, microbiome health, and basic blood panels, please ask.

## Testing included



### Comprehensive health status array report

230+ biomarkers that assesses your body's metabolic and nutritional state of play for vitamins, minerals, essential fatty acids, and amino acids, as well as heavy metals, cardiovascular health, thyroid and sex hormone function, energy production, neurotransmitter metabolism, detoxification, antioxidant status, bacterial and fungal dysbiosis, fasting insulin plus your full LDL breakdown plus apolipoprotein A-1 and B ratios (ApoA-1) and (ApoB) to assess metabolic health.



### Personalised food inflammation profile

Chronic inflammation commonly caused by food reactions can halt health in its tracks. This profile allows you to discover whether your body is creating an inflammatory (IgG + C3d) response to 132 common foods.

Option to upgrade to test 176 foods. Just ask your practitioner.



### Genetics report

Get clear on your disease risk factors and your body's baseline blueprint. This reports on 92 genes and 113 SNP's across digestion, energy, hormones, stress & cognitive performance, inflammation, athletic performance, MTHFR, ApoE variants, DNA protection & repair, and detoxification.



### Biological age and epigenetic profile

The epigenetic expression of your genes is the most impactful predictor of long-term health. MyDNAage assesses your biological age versus chronological age, pace of age and evaluates your metabolic profile and 2,000+ SNPs related to rate of aging.



# Health Optimisation Insights Package

## FAQs

### What is functional medicine?

Functional medicine is a revolutionary healthcare approach that focuses on optimising health through the most up-to-date science backed insights that largely address dietary, lifestyle and environmental factors that compromise health. It looks at the body as a complex, inter-related biological system rather than separate parts.

### What is biohacking?

Biohacking is about taking control of your biology and optimising it to achieve peak performance. Many biohackers seek to improve healthspan and longevity, in addition to athletic performance too.

There are many biohacking techniques, from nutritional biohacking strategies like nootropics, fasting and ketogenic diets to more lifestyle driven or experiential strategies like meditation, HIIT, cryotherapy, red light therapy and sleep optimisation. Wearable devices such as the Oura ring, WHOOP or CGMs are often employed to give real-time data on how a person's lifestyle and diet impact key biomarkers.

In today's health landscape, biohacking has emerged as a prominent buzzword and trend not only in Australia but also globally. However, many people are jumping onto biohacking protocols without truly grasping their impact or discerning their relevance to their unique needs.

The evidence based data offered in our Health Optimisation Insights package gives you the power to focus on and measure what matters most to your health to unlock your full potential. With data-driven insights and expert support from our biohacking clinic, skip the self-experimentation and get the information you need to fine-tune your biohacking protocol with strategies that bring you a high return on your investment.

### What value does having a functional medicine practitioner bring to my data interpretation?

A functional medicine practitioner has access to testing beyond what you are usually offered by your general practitioner.

Because of this, we can match the world's most powerful diagnostic offerings to your health goals, offering you access to the most advanced ways to understand the inner workings of your body.

Functional medicine has established a longstanding practice of over three decades, rooted in a comprehensive understanding of how modifiable lifestyle factors, including environment, diet, activity patterns, psycho-social-spiritual factors, and stress management actively contribute to strengthening your body's resistance to chronic diseases and fostering optimal health. Because of this, the functional medicine way is the ultimate starting point to biohack your body to optimum health.

### What type of BYO pathology reports can I bring?

If you have any functional testing or standard pathology reports or screens performed within the last 12 months, you are welcome to send these to us in advance of your appointment.

### Why would I choose this package over your 6 month healthcare program?

Our 6 month healthcare program is designed to treat people with chronic health conditions to get their foundational levels of health back on track. Only when health is on track is it best to start moving into optimisation.

The Insights Package is great for individuals who feel healthy, yet want peace of mind or a deeper understanding of their current functional health status.

From there if you desire, our team can support you with a more thorough, personalised optimisation plan, giving you the direction and ability to integrate the latest lifestyle habits and biohacking protocol into your routine.



# Health Optimisation Insights Package

## FAQs



### Is this package right for me?

If you feel healthy yet want peace of mind or a detailed understanding of your current functional health status, this package is for you.

Through our complimentary discovery call or the initial rapid functional health assessment session, you'll gain a clear understanding of how well our offering aligns with your needs. In the event that it becomes apparent during the assessment that this particular package may not be the best fit for you, there is no obligation to proceed further. Instead, your practitioner may recommend an alternative option that can better support you on your health journey.

### Will I get prescribed supplements?

If the results of your tests indicate that you may benefit from supplementation, your practitioner will make specific recommendations for practitioner only supplements from our onsite dispensary. It's always your choice to take the supplements.

### Do you work with clients outside of Australia, and if so, how?

Yes, we work with optimisation clients across the globe and Australia via telehealth. Please note that not all labs are available in every country.

### Why choose this health insights service over another health assessment service?

There are many health assessment and screening services available on the market. What's right for you will depend on your goals.

Some services offer disease detection and medical imaging using CT and MRI scans, usually focusing on people who have the goal of understanding their immediate cancer and cardio and cerebrovascular disease risk.

This suits individuals who want to know if right now there is anything of concern progressing in their body.

Many services will include a more comprehensive lab analysis and blood profile than you may usually obtain with your GP. Yet some services may not be using the most up to date biomarkers of health (what is currently being expressed in the body) and many tests will not include functional analytes (offering clues as to why that might be).

An example is relying on HbA1c for metabolic health. Whilst many medical providers will offer this biomarker, and it can certainly be helpful, we at Melbourne Functional Medicine prefer to use several biomarkers such as glucose and fasting insulin as a far more accurate identifier of metabolic health than HbA1c levels.

Our service is for individuals who are seeking to actively pursue lifestyle changes to enhance or biohack their biology, yet first wish to understand their current functional biomarker baseline to understand the areas to focus on. These individuals may also wish to more thoroughly understand which biohacking protocols may best match your health optimisation goals.



# Health Optimisation Insights Package

## FAQs

### When and where will I do the tests?

You'll be provided with test kits and will send your samples off at least six weeks prior to your interpretation session. Some tests can be done in the comfort of your home, some will need to be taken into a pathology collection centre for a blood draw.

You'll be assigned a HCANZA certified health coach from the Melbourne Functional Medicine team to support you to successfully complete the testing.

### How long do test results take to come back?

Results are usually back within six weeks. This is because a selection of the labs we use for these tests are located outside of Australia.

### I would like to do more tests, do you have other testing available?

There are many other tests our clinic can access to understand how other pathways or systems in the body are functioning. These include comprehensive tests to explore digestive health, toxin exposure, hormone metabolism, parasites, and more.

We may also recommend blood chemistry from your GP for more basic tests too. For the more in-depth comprehensive tests, we use the world's leading labs:

- Precision Analytical
- TruDiagnostics
- Genova Diagnostics
- KBMO
- NutriPath
- Metametrix
- Mosaic Diagnostics

After your initial rapid health assessment session, you'll be clear on which additional tests might match your goals, and the pricing of each.



### What happens after the initial rapid health assessment?

If you choose to proceed with the Health Optimisation Insights package, the remaining amount of \$3,690 will be payable to initiate testing after your rapid health assessment.

Should you still be undecided on your pathway, you may simply choose to embark on a selection of functional testing and book a follow up interpretation appointment.

Your practitioner will discuss the options with you.

### Why aren't the tests covered by Medicare? And why can't my doctor order these tests?

Unfortunately, Medicare coverage is limited to conventional medical tests, which often fail to provide a thorough understanding of your health, and use outdated markers that have been surpassed by more advanced markers supported by emerging research.

We use the most comprehensive, validated lab tests from labs that are privately billed. Most GPs are not familiar with these tests unless they are functionally trained.