



TRUE HEALTH
FAMILY MEDICINE

Creating a path for you to achieve your highest quality of life

TRUE Health is empowering patients to achieve their highest quality of life by identifying the root cause of symptoms and treating patients as a whole, not just by their condition.

TRUEHEALTHTEAM.COM



TRUE Health Memberships & Whole Health Programs empower you to take charge of your health.

At TRUE Health, we go beyond symptoms, treating the root cause of conditions with a preventive and comprehensive approach.

This means we address your health in its entirety, and take the time to understand your unique health needs. By offering a combination of proven medical practices that use the body's innate healing powers and work in synergy to resolve the source of your illness, our experienced care team provides true healing and long-term health.



Everyone's health journey is different.

Our holistic primary care and prevention focused programs address the unique needs of our patients at every stage of their journey. Get started in one or more pathways to TRUE health today.

PATHWAY ONE

TRUE Primary Care Membership

TRUE Primary Care Membership offers priority scheduling and discounts with preferred partners and includes an annual comprehensive physical exam.

Membership Benefits Include

- Annual comprehensive physical exam
- Quarterly Progress Exam
- Review of Test with Providers
- Telemedicine
- Sports and Work Physicals
- Discounts on Non-Covered Services

** Some costs may be covered by insurance. Talk with our team to learn more.*

PATHWAY TWO

Focused Wellness Plans

To truly resolve symptoms, we address the underlying cause. Each of our Focused Wellness Plans includes four pillars to true healing: customized testing, tailored medical treatment, effective restore protocols and comprehensive home care plans.

MOST POPULAR

IMMUNITY BOOST

- Anxiety / Depression
- Bronchitis
- Cancer
- Crohn's
- COPD
- Constipation / Diarrhea
- Eczema
- Heartburn / Indigestion / GERD / Acid Reflux
- Headaches
- Heart Disease
- High Blood Pressure

SLEEP HEALTH

- High Cholesterol / Hyperlipidemia
- Hormone Treatment (Male / Female)
- Inflammatory Bowel Disease (IBS/IBD)
- Kidney Disease
- Migraines
- Neuropathy
- Psoriasis
- Shingles
- Type 1 Diabetes
- Type 2 Diabetes (High Blood Sugar)

STRESS CARE

WHOLE HEALTH PROTOCOLS

MENTAL HEALTH

DIGESTIVE HEALTH

PHYSICAL HEALTH

The results our patients achieve prove that our care model can be life- changing. For that reason, we strive to make our programs as comprehensive and affordable to transform the lives of as many individuals as possible.

The duration of your care is dependent upon the severity of your condition and commitment to the recommendations.

* Some costs may be covered by insurance. Talk with our team to learn more.

PATHWAY THREE

Comprehensive Healing Plans

Our Comprehensive Healing Plans are customized to your individual areas of wellness, relief or comprehensive needs.



TRUERESTORE Mild

The **TRUERESTORE** Mild Program is ideal for the individual who wishes to focus on a specific symptom like acute and chronic arthritis or an injury related problem. The program supports the body with an optimal diet and supplementation regimen combined with a series of pain-relieving injections.



TRUERESTORE Moderate

The **TRUERESTORE** Moderate Program is designed to deliver a sequence of services that support the body's capacity to heal, reduce acute and chronic pain, and improve function and quality of life. This program works to heal and correct osteoarthritis and degenerative disease in the absence of deep and chronic inflammation.



TRUERESTORE Advanced

The **TRUERESTORE** Advanced Program is TRUE Health's most complete offering. It is designed to comprehensively address multiple body systems and simultaneously reduce symptoms like pain and fatigue while improving functionality and quality of life to promote healing and prevention of degenerative disease. This program addresses and resolves deep and chronic inflammation.

PATHWAY FOUR

Prevention+ Membership

Once you've completed a Focused Wellness or Comprehensive Healing Plan, you have access to our Prevention+ Membership program option.

- Annual comprehensive physical exam
- Monthly posture correction visit
- Monthly manual therapy visit
- Free access to in-person and virtual wellness classes
- 10% discount on all supplements
- Your choice of one of the following:
 - Acupuncture
 - Brain Tap
 - Nutritional Consult
 - Vitamin IV
 - Cranial Massage
 - Abdominal massage
 - Exercise Review + Recommendations
 - 20 Minute Facial
 - 20 Minute Hair Restoration
 - Vitamin TPI

** Some costs may be covered by insurance. Talk with our team to learn more.*



Are you ready to elevate your health, well-being and happiness?

Ask your Care Manager about our membership options today.

The Benefits of a Preventive & Holistic Approach to Care

- Addresses the root cause of illness
- Combines proven medical practices to promote healing
- Activates your body's innate healing powers
- Reduces or eliminates the need for medication
- Reduces or eliminates the need for surgery

Choose your own adventure!

Do you have a specific treatment you enjoy?

Unlimited monthly services are available a la carte for chiropractic, acupuncture, massage therapy and more.

Talk with your Care Manager to learn more!

“TRUE Health was something I wanted to try out because my back pain was just crippling me and I was so tired of always being in pain. Not only have they helped me but they have truly surpassed my expectations of how I could live a more pain-free life”

- Diane J, a TRUE Health Member



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