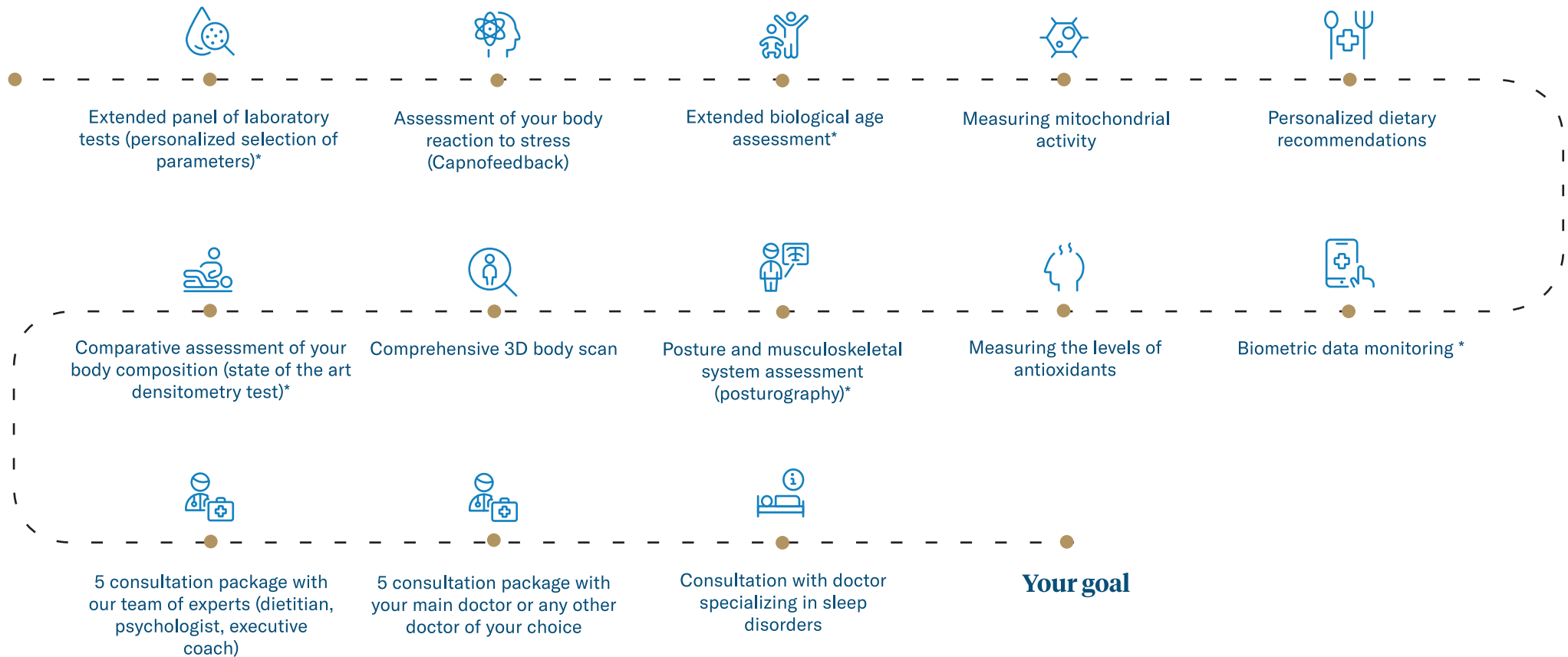


# Optimal Health

**Phase 1:** Assessment of risk factors for lifestyle-related health conditions (standard plan about 2 hours or VIP approx. 5 hours).

**Phase 2:** A personalized 12-month health plan designed by our team of specialists, based on your health assessment, medical interview and your individual goals.



The sequence of tests in your personalized health plan will be set individually by our team of experts.

\*Monitoring changes after 6 or 12 months (personalised)