

## Longevity Optimization Membership

*Where Medicine Gets Fun*

This membership is designed for patients who want their health to be deeply assessed and to co-design a treatment plan to get them feeling their best. Extensive baseline evaluations become the foundation in this *research study of one* — you. Understanding your initial health status and uncovering risks informs treatment plans, which can include lifestyle modifications, supplement recommendations, medications, peptides, and other health-optimizing therapies.

The **annual fee** for this membership is **\$30,000 USD** with a Loyalty Discount for members entering year 3 explained below. This is a continuous membership, renewing each year, with services scheduled in 12-month terms. Patients in this tier typically have established care with a general practitioner and are primarily seeking health optimization. Routine prescriptions (e.g., blood pressure medicine), acute care (illness, injury, etc.), and vaccinations are not included in this membership.

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### What's Included Each Membership Year



#### Initial Consultation & Benchmark Assessment

- 30–60-minute initial consultation with Dr. Capicotto
- 2-hour initial medical appointment with Dr. Capicotto, including:
  - Blood draw for extensive baseline labs;
  - [TruAge](#) biological age testing;
  - Physical examination;
  - [FibroScan](#) liver ultrasound;
  - [Continuous Glucose Monitor](#) (CGM) placement & Abbott Libre Linkup activation; and
  - Welcome Kit: Branded bag, pulse oximeter, Kardia device with case & membership, pillbox, and other medical tools.



#### Fitness & Body Composition Testing

- Full training membership with [NYC Performance Lab](#);
- Fitness assessments & performance review;
- Personal training by world-class exercise science and nutrition experts;
  - Tailored to your goals and preferences.
- Access to their suite of diagnostic tools inclusive of:
  - VO<sub>2</sub> Max & resting metabolic rate;
  - Strength assessments by muscle group;
  - 3D functional movement screening;
  - DEXA bone density scan;
  - Advanced body composition analysis (*muscle mass & fat*);
  - *And much more...*


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### **Advanced Diagnostics & Specialty Testing**

- Repeat of baseline blood tests two additional times per year (3 scheduled blood draws in total), with
- Additional diagnostics included:
  - Mycotoxin panel;
  - Heavy metals & micronutrient panel;
  - Stool/microbiome testing; and
  - Continuous glucose monitoring and guidance.

### **Follow-Up Optimization Consultations (3 sessions/year, 60-90 minutes each)**

- Debrief Session #1 (months 1-4): After the initial Benchmark Assessment, this debrief includes:
  - Comprehensive review of your results (labs, diagnostics, imaging and performance);
  - Development of personalized treatment plan; and
  - Ordering of medications, supplements, and additional diagnostics as needed.
- Debrief #2 (months 5-8): Includes the above for 2nd round of diagnostics.
- Debrief #3 (months 9-12): Includes the above for 3rd round of diagnostics.

 *Membership renewals continue seamlessly year to year unless you or the practice decide not to renew.*

### **Loyalty Discount for Members entering year 3 and beyond**

- Practice Members enjoy a 15% membership **fee reduction** for ALL years following two consecutive years in the Longevity Optimization Program.
- Why? Much of the work discovering your health secrets and optimizing your systems is completed in the first two years in this Program. While there's always more to do as your body changes, we believe your fees should match our workload.
- Think of it as entering your "maintenance phase".

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**Invest in your best self.** The Longevity Optimization Membership is for those ready to explore health optimization with a personalized, data-driven approach.

 **For more information about this membership:**  
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