

Comprehensive Precision Medicine Membership

The Ultimate in Personalized Health & Longevity Care

Our top tier offering, the Comprehensive Precision Medicine Membership combines Primary Care+ services with our cutting-edge Longevity Optimization care for those who want nothing left to chance. Most costs of care — physician time, laboratory testing, advanced imaging, and select therapies or procedures — are included.

The **annual fee** for this membership is **\$45,000 USD** with a Loyalty Discount for members entering year 3 explained below. This is a continuous membership, structured in 12-month terms to deliver three cycles of testing, follow-up, and optimization each year. You'll have a dedicated partner in Dr. Christopher Capicotto, taking care of your routine medical needs while honing precision interventions to help you live well, longer.

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
 - Blood draw:
 - Comprehensive baseline labs;
 - Specific neurocognitive, autoimmune, and biomarker panels;
 - [TruAge](#) biological age testing;
 - [Galleri](#) multi-cancer early detection screening; and
 - Sex-specific cancer screening tests (PSA, CA-125).
- Head-to-toe physical examination;
- Address primary care and preventative needs;
- [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 (up to 3 sessions/year)

- Full training membership with [NYC Performance Lab](#);
- Fitness assessments & performance review; and
- 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:
 - VO₂ 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
- And much more...

Advanced Diagnostics & Specialty Testing

- Additional blood draws (2/year) including:
 - Extended blood panel;
 - Mycotoxin panel;
 - Heavy metals, micronutrients, tumor markers;
 - Stool studies; and
 - Prescription CGM placement.
- Advanced imaging:
 - [Cleerly](#) coronary CTA; and
 - [Prenuvo](#) full-body MRI.

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.

Primary Care+

- Direct Physician Access;
- Two scheduled preventive visits per year (annual and mid-year check in):
 - Often combined with appointments above for efficiency;
- Acute care, as needed;
- Telemedicine services;
- Secure Patient Portal;
- Direct line of communication via email, patient portal messaging or phone;
- Medication management for all non-specialist prescribed medicines; and
- Coordination of care.

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

 Your Year 2 membership will include the IntellxxDNA genomic test for even deeper personalization.

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".

Invest in your future health. This membership is designed for those who want the highest level of attention, the most advanced tools, and a true partnership in optimizing longevity.

 **For more information about this membership:**
info@primaryprecisionmed.com | (212) 243-5868.