

Deerfields is a multidisciplinary team practice using Conventional, Preventive, Precision, Integrative and Naturopathic Medicine to support your health goals through intensive lifestyle coaching, cardiometabolic hormone optimization, natural health products, detoxification and other therapies.

Integrative Medicine combines the most well-researched conventional medicine with the most well-researched, evidence-based complementary and functional medicine to achieve patient health goals.

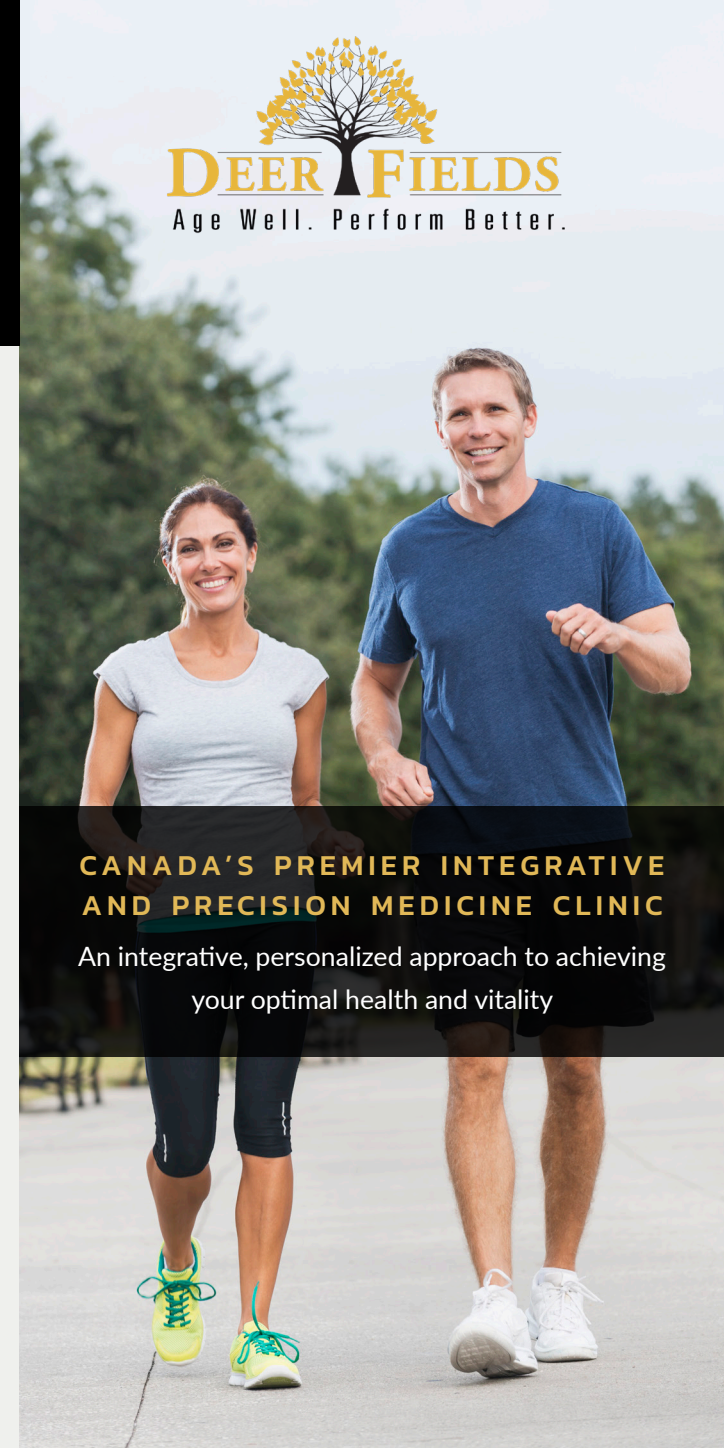
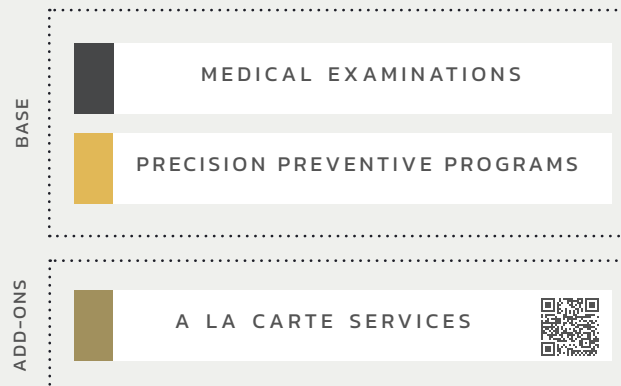
Precision medicine, sometimes known as “personalized medicine” is an innovative approach to tailoring disease prevention and treatment that takes into account differences in people’s genes, environments, and lifestyles and personal health goals. The goal of precision medicine is to target the right treatments and therapies to the right patients at the right time.

Age Well. Perform Better.

YOUR NEXT STEPS

For general inquiries or to book a Complimentary Needs Assessment, call 416.253.9769 or 1.877.933.3734 (toll free) or email us at agewell@deerfields.ca.

For a complete list of our services, please visit us online or in person.



CANADA'S PREMIER INTEGRATIVE AND PRECISION MEDICINE CLINIC

An integrative, personalized approach to achieving your optimal health and vitality

PROGRAM OUTCOMES

- slow biological aging process
- perform better
- optimize healthspan

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NEW PATIENT ONBOARDING

STEP-BY-STEP

1 BOOK YOUR COMPLIMENTARY NEEDS ASSESSMENT AND MEDICAL INTAKE

2 COMPLETE YOUR COMPREHENSIVE HEALTH EXAM*

3 COMPLETE YOUR DEBRIEFING TO REVIEW RESULTS AND RECOMMENDATIONS

4 ENROL IN ONE OF OUR PRECISION PREVENTIVE HEALTH PROGRAMS

WHAT IS A COMPREHENSIVE HEALTH EXAMINATION?

The Comprehensive Health Examination (CHE) includes a structured history, physical examination and a panel of tests and investigations conducted by a qualified and experienced physician (MD) and a multidisciplinary team of licensed health care professionals that may include a Naturopathic Doctor (ND).

The purpose of the CHE is to identify preventable or modifiable lifestyle and medical health risk factors including biomarkers of cardiometabolic hormone balance and cellular aging.



STEP 1 MEDICAL EXAMINATIONS

EXAM COMPONENTS	COMPREHENSIVE HEALTH EXAM (CHE)	COMPREHENSIVE HEALTH ASSESSMENT (CHA)
Preventive Medicine Consultation	●	●
Complete History	●	●
Physical Examination	●	●
Functional Inquiry	●	●
Comprehensive Lab Panel	●	●
Vital Signs & O2 Saturation	●	●
Body Composition	●	●
Preventive Health Report	●	●
Debriefing of Reports & Recommendations	●	●
12 Lead Resting Electrocardiogram	●	●
Comprehensive Lifestyle Assessment	●	
Abdominal & Pelvic Ultrasound	●	
Exercise Stress Test	●	
Cardiopulmonary Fitness Test (VO2 Max)	●	
Pulmonary Function Test	●	
Endothelial Function	●	
Arterial Stiffness Test	●	
Carotid Intima Media Thickness	●	
Musculoskeletal Fitness Test (12 validated tests of physical strength and power)	●	
Functional Movement Screen (21 validated tests that predict risk of injury, inform prevention)	●	
FEE	\$2,995	\$1,995

¹ Lab tests are covered by OHIP only when medically necessary; uninsured lab tests NOT included in any program fees are the responsibility of the patient.

² Costs associated with supplement and prescription medications are NOT included in any program fees and are the responsibility of the patient.

STEP 2 PRECISION PREVENTIVE PROGRAMS

PROGRAM COMPONENTS	VITALITY AND LONGEVITY PROGRAM (VLP)	PREVENTIVE HEALTH PROGRAM (PHP)	TPP/HPP
Program Onboarding	●	●	●
Access to Personalized Medications incl. Cardiometabolic Hormone Prescriptions	●	●	●
Access to Personalized Pharmaceutical-grade Supplements ²	●	●	●
Triannual Health Questionnaire	●	●	●
Triannual Lab Tests ¹	●	●	●
Triannual Reviews of goals, problems & program changes	●	●	●
Triannual Reviews of Vital Signs	●	●	●
Triannual Reviews of Body Composition	●	●	●
Annual Comprehensive Lab Panel ¹	●	●	●
Annual Medical Assessment and Review	●	●	●
Annual Resting ECG	●	●	●
Annual Endothelial Function	●	●	
Annual Arterial Stiffness Test	●	●	
Unscheduled Medical Requests ³	●	●	
Access to Concierge Services for Specialist Referrals ⁴	●	●	
Telemedicine Support (Mon - Fri 8:00 am - 4:00 pm)	●	●	
Personalized Nutrition Guide & Resources	●		
Personalized Self-paced Exercise Program	●		
Stress, Sleep and Detoxification Coaching	●		
Nutrition and Fitness Coaching	●		
Weekly Coaching (Year 1 - Month 1)	●		
Bi-Weekly Coaching (Year 1 - Month 2 & 3)	●		
Monthly Coaching (Year 1 - Months 4 to 12 and Year 2 onward)	●		
FEE	\$3,995	\$3,495	\$2,995

³ Prescriptions for pre-existing or on-going medical conditions are NOT included in the TPP or HPP programs and should be managed by your family doctor.

⁴ Referrals to specialists or additional testing when medically necessary are NOT included in the TPP or HPP programs and should be managed by your family doctor.