

TRAILBLAZER PROGRAM TIMELINE

Day 1

GATEWAY DAY

Meet with your care team to gather initial data for a baseline health assessment.

Week 4

GATEWAY REVIEW WITH DR. HADDAD

Meet with Dr. Haddad to review your final comprehensive results from Gateway Day.

Month 3

MILESTONE 1 REVIEW

2 weeks after your Milestone Appointment you will meet with Dr. Haddad to discuss results. Review & adjust goals accordingly.

Month 6

MIDPOINT MILESTONE

Comprehensive retesting of relevant biomarkers.

Month 7 & 8

HEALTHSPAN COACHING SESSIONS

Trailblazers can meet with their Healthspan Coach up to twice a month to discuss progress & results.

Month 9

MILESTONE 3 REVIEW

2 weeks after your Milestone 3 Appointment you will meet with Dr. Haddad to discuss results. Review & adjust goals accordingly.

Month 12

ANNUAL MILESTONE

Comprehensive retesting of Gateway Appointment Biomarkers.

Week 2

GATEWAY CHECK-IN WITH COACH

Meet with your Healthspan Coach for a general wellness check in.

Month 3

MILESTONE 1

Comprehensive retesting of relevant biomarkers.

Month 4 & 5

HEALTHSPAN COACHING SESSIONS

Trailblazers can meet with their Healthspan Coach up to twice a month to discuss progress & results.

Month 6

MIDPOINT MILESTONE REVIEW

2 weeks after your Midpoint Milestone Appointment you will meet with Dr. Haddad to discuss results. Review & adjust goals accordingly.

Month 9

MILESTONE 3

Comprehensive retesting of relevant biomarkers.

Month 10 & 11

HEALTHSPAN COACHING SESSIONS

Trailblazers can meet with their Healthspan Coach up to twice a month to discuss progress & results.

Month 12

ANNUAL MILESTONE REVIEW

2 weeks after your Annual Milestone Appointment you will meet with Dr. Haddad to discuss results. Review, adjust goals accordingly & create a care plan going forward.