

Activate Your Confident Retainer!



All necessary forms will be emailed to you for e-signature – after all, CW is a 100% virtual business! No stacks of paperwork, finally! Look for a special welcome gift from CW to arrive!

Phase I – Discover Your Tools!

Let's Master Your Wellness by discovering exactly what Healthy looks like for you! Confident Wellness will guide you through the necessary testing and assessments to establish a solid foundation for Phase II. Every consultation will include a wrap up email from CW with your Three Action Steps to work on between consults! Be sure you're taking advantage of your new discounted Fullscript access for practitioner grade supplements!

Holistic Health Evaluation and Report



Just follow the link provided during your intake process to complete your Health Evaluation Form (HEF)! This gives us a great baseline for where you're starting at and what Health goals you have. Your HEF will be returned to CW for processing and a report created to review at the appointment time you set when finishing your HEF virtual form.

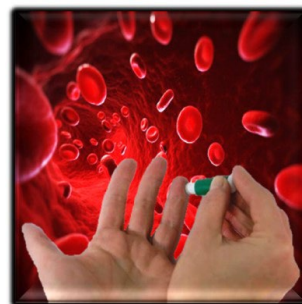
No hours wasted in a waiting room or need for childcare; you can even schedule during your lunch break at work!

Blood Type Consultation

Your Blood Type and Genetics testing kits will have arrived by now – so exciting!

You'll now discover one of the first tools to Mastering Your Wellness! Download the Blood Type Diet app at this consultation to keep all your Blood Type eating info on the go!

Get a jump on your next steps by completing and mailing the spit swab Genetics test, as well!





Epigenetics Measurements

Your Epigenetics testing kit has arrived! Have a friend or family member help you measure and enter your data in your virtual form – so easy! Again, this will be returned to CW for processing and a report created to review at the appointment time you set when finishing your Epigenetics form.

Genetics Kit Accepted by Lab



That's right, nothing is charged for your Genetics Kit until it has arrived and been accepted by our lab! Processing will now take **6-8 weeks** while we continue to discover more tools!

Epigenetics Consultation and Report

We're getting even more specific with your unique eating, moving and stress management plan for Mastering Your Wellness!

Learn what your Genotype means for your Health and save your Genotype app to your phone for more on the go tools!



Momentum I Consultation



You've discovered A LOT of tools to Mastering Your Wellness using your specific Blood Type and Genotype! It's time to capitalize on the building Momentum with some review and strategy of what your day-to-day Healthy looks like!

Be sure you're taking advantage of the wrap up e-mails from CW with your Three Action Steps to work on between consults!

Genetics Consultation and Report

The lab has now returned your Genetics data for us to upload! We create a user-friendly report – because countless lines of code don't help anyone! This is how our clients know what they need to make the Right choice the First time!

Be sure to download and print your Genetics Executive Summary (only one page, we promise!) for a quick reference on how Healthy works for you!



Momentum II Consultation



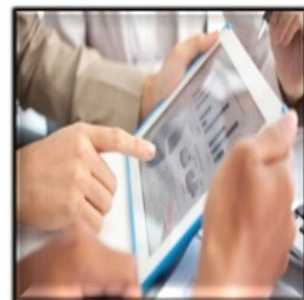
Time to lock in exactly what your Healthy looks like! You're implementing more and more small changes to start showing up exactly how you want to in the important areas of your life.

Let's review and strategize as we close out your Discovery Phase and move into your Develop Phase!

Holistic Health Evaluation and Report

Just follow the link provided in your Momentum wrap up e-mail to complete your HEF! This will be returned to CW for processing and a report created to review at the appointment time you set when finishing your HEF virtual form.

We'll compare with your baseline HEF and Health goals as we get ready to dig deep in Developing your daily Health in all areas of life!



Phase II – Develop Your Skills!

Time for a new consultation format where we meet every 2-3 weeks to fully Develop Your Skills in each area of your life based on your unique Genetics! The Skills sections are modular, so YOU choose where to go next! Don't worry, every consultation still includes a wrap up email from CW with your Three Action Steps! Activate your new Skills using the Bonus Action Step between consults!

Action Planning Module



- Personal Awareness – Best understand your current life based on your Genetics!
 - Assessing Your Values – Find what's important to you now!
 - Core Values – Express your most important beliefs and stay true to them!
 - Motivation – Define what drives you and keep it moving forward!
 - Passion Switches – Turn your motivation into action!
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Relationship Building Module

- Setting Expectations – How do you communicate best?
- ID Yourself – What do you want and how do you say it?
- ID Your Tribe – What do the people around you want and how do they say it?
- Communication Framework – Implement your relationship building blueprint!



Personal Development Module



- Defining Success – Create your personal Success Statement!
 - Daily Rhythms/Sleep – Implement your Success Statement daily!
 - Eating/Moving/Stress – Optimize your everyday Success based on your Genetics!
 - Tracking Improvement – Measure and grow your Success!
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Life Enhancements Module

- Environmental Awareness – Create a plan that addresses toxins in your home using the Home Environment Toxins Checklist and Solutions Guide!
- Lifestyle Habits Assessment – Categorize your progress and adjust your plan as needed to focus on prioritizing your goals!
- Cleansing/Fasting – Use an excellent short-term method to address current functional inconsistencies!



Holistic Health Evaluation and Report



HEF reports are now 50% off! Just follow the link provided every 8-12 weeks in your wrap up emails to complete your HEF! This will be returned to CW for processing and a report created to review at the appointment time you set when finishing your HEF virtual form.

We'll compare with your previous HEF reports and current Health goals as we continue to Develop your daily Health in all areas of life!

Phase III – Dominate Your Life!

You've done it! You've conquered Phase I and Phase II and are Mastering Your Wellness every day! Congratulations on joining our Legacy Retainer family!



Direct Doctor Access

Continue Mastering Your Wellness every day with one of your best full Confident Retainer perks at only half the price!

15-Minute Phone Consultation

Schedule your once-a-month phone check in with CW using the link sent out at the beginning of each month!



Full Length Consultation

Have more to talk over than can fit in your 15-minute phone call? No problem! Our Legacy Retainer family can schedule a single full-length consultation each month at the discounted full Confident Retainer price!



Holistic Health Evaluation and Report

Still with 50% off HEF reports! Just follow the link provided every 3 months to complete your HEF! This will be returned to CW for processing and a report created to review at the appointment time you set when finishing your HEF virtual form.

We'll compare with your previous HEF reports and current Health goals as we continue to Dominate your daily Health in all areas of life!

