



Activate Your Confident Retainer!

Master Your Physical, Mental, and Emotional Wellness!



The Confident Retainer

Wave goodbye to stacks of paperwork as all necessary forms will be emailed for your electronic signature. Remember, we're fully virtual - this is the future of wellness! Your first payment isn't due until your initial consultation. Keep an eye out for a special welcome gift from us!

Phase I – Discover Your Tools!

Together, we'll navigate your path to Master Your Wellness, defining what healthy looks like for you personally. We'll guide you through essential tests and assessments to establish a solid foundation for Phase II. After every consultation, expect an email from CW outlining your top three Action Steps to work on before our next meet-up. Plus, enjoy your free membership to FullScript for premium supplements!

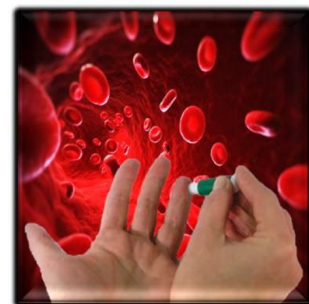


Holistic Health Evaluation and Report

Once you've claimed your access via the Confident Retainer, we'll provide a link for you to complete your Health Evaluation Form (HEF). This form offers a great starting point by highlighting your current health status and goals. Upon completion, we'll create a report based on your responses, ready for review at your initial scheduled appointment.

Blood Type Consultation

At this point, your Blood Type and Genetics testing kits have arrived. You're about to discover one of the first tools in your Wellness toolkit! You'll keep track of your Blood Type eating guidelines by downloading the Blood Type Diet app at this consultation. Complete and mail the spit swab Genetics test at the end of this consultation.





Epigenetics Measurements

Your Epigenetics testing kit is now in your hands. Ask a friend or family member to help you measure and enter your data in your virtual form – it's that easy! Once complete, we'll generate another report for our next meeting.



Genetics Kit Accepted by Lab

This step requires patience. Your results will take 6-8 weeks to process, but that won't slow our progress!

Epigenetics Consultation and Report

Let's delve deeper into your unique Wellness plan, considering your specific eating, movement, and stress management needs. Gain understanding of what your Genotype means for your health and download the Genotype app for easy reference.



Momentum I Consultation

You've gathered a wealth of tools for Mastering Your Wellness journey based on your unique Blood Type and Genotype. Now, it's time to strategize on what your healthy lifestyle looks like daily! Remember to use our wrap-up emails outlining your next Action Steps.

Genetics Consultation and Report

Once your Genetics data is returned from the lab, we'll compile an easy-to-understand report. No need for you to decode lines of complex code! Download and print your one-page Genetics Executive Summary for a quick reference guide to your health.

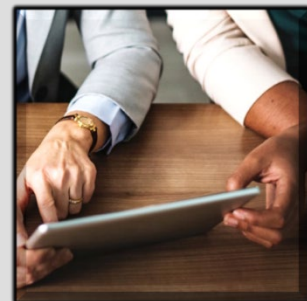


Momentum II Consultation

We're close to solidifying what healthy means for you! 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!

Need More Guidance?

We're committed to ensuring you have the best possible experience. If you have any additional questions or would like to explore Wellness options outside of what you see listed, we're here for you! Extra consultations are available at our current per-hour rate. *(See Confident Retainer Price Sheet)*



Phase II – Develop Your Skills!

During this phase, we'll meet weekly to Develop Your Skills in every area of your life, based on your unique Genetics. You choose the direction of your journey with our modular Skills sections. Start with a new HEF format and decide whether to approach it as a six-week "Marathon" or a three-week "Sprint". Our Momentum Q&A sessions the following week will ensure your success!



Action Planning Module

We'll help you understand your life from a Genetic perspective, express your Core Values, define your Motivation, and turn it into Action using your Passion Switches.

Relationship Building Module

This module will focus on enhancing your Communication Skills, identifying what you and those around you need, and implementing your Relationship Building plan.



Personal Development Module

Together, we'll define your Success, create Daily Rhythms, Optimize your lifestyle based on your Genetics, and Track your improvements.



Phase III – Dominate Your Life!

You've Discovered Your Tools and Developed Your Skills! You are now eligible to become a part of our Legacy Retainer family where Rock Star individuals are living their Wellness better every day. Enjoy all your Confident Retainer services (and more!) now at a lower cost!



Direct Doctor Access

Continue Mastering Your Wellness with direct access to your doctor through text or email.

15-Minute Phone Consultation

Schedule your free monthly phone check-in using the link sent at the beginning of each month.



Virtual Health Consultation

Need more time than a 15-minute call allows? Not a problem! Our Legacy Retainer family members can schedule virtual health consultations at any time.

Holistic Health Evaluation and Report

Every three months, we invite you to complete a new HEF via the provided link. We'll compare this with previous HEFs and your current health goals, allowing us to continue optimizing your health in all aspects of life based on your unique Genetics.

