

EXECUTIVE HEALTH PROGRAM





“ Health isn’t built inside a doctor’s office. At SHIFT, we deliver coordinated care with a focus on prevention that makes a meaningful difference in the quality of our members’ lives. ”

– Dr. Ari Levy, Founder and CEO of SHIFT

A message from our founder...

More than 20 years ago, I had the spark of an idea of how healthcare can better serve patients, set physicians up for success, and be a real solution for improving the quality and duration of people’s lives.

Since then I’ve worked towards helping people in ways that were not yet part of the existing healthcare model – integrating the disciplines of coaching, neuroscience, social sciences, fitness, nutrition and traditional primary care. I’ve spent my life training myself and others in these areas, and learning from experts.

Today, this dream has become a reality at SHIFT.

The programs at SHIFT integrate every aspect of health in order to deliver a personalized, comprehensive, and supportive experience for members. Our 14,000 square-foot, state-of-the-art facility houses our internal medicine practice, unique small-group fitness and recovery classes, physical therapy, coaching and consultation, convenient locker rooms, and a café with clean snacks and healthy on-the-go meal options.

It’s time to put the “care” back in healthcare. It’s time to take control of your health.

Are you ready to SHIFT?

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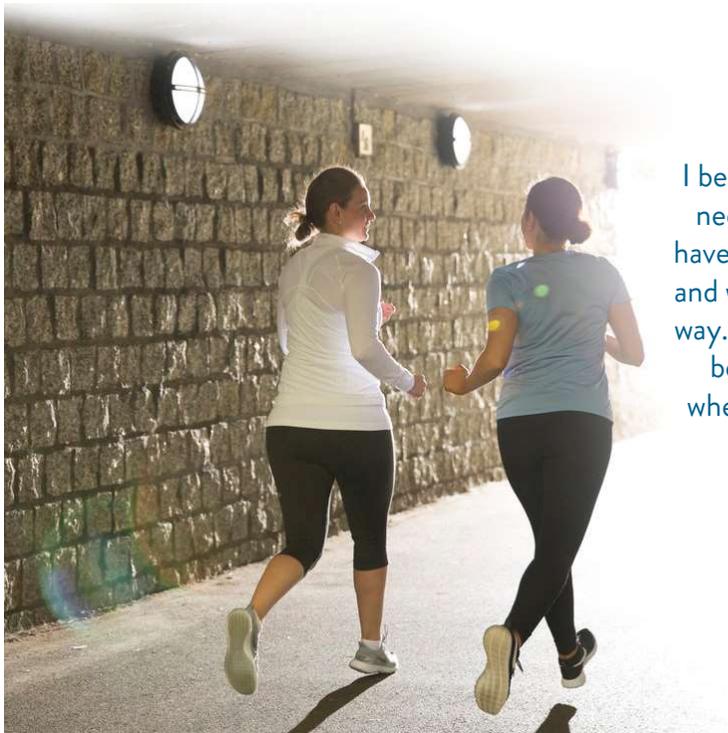
SHIFT's Executive Health Program includes a one-day comprehensive health assessment and the option of 12 consecutive months of primary care.

Medical Care Referrals

In situations where Executive Health Program members find themselves in need of specialized medical care, SHIFT works to identify the medical experts and professionals capable of providing the high quality care our members deserve and expect. SHIFT believes in connecting members with the best medical specialists –irrespective of healthcare system affiliation – to receive the care and expertise they require. SHIFT's care team works closely with individual members to coordinate care and advocate for the most effective course of action.

Internal Medicine (Optional Addition)

Members of the Executive Health Program receive 12 consecutive months of access to SHIFT's primary care physicians to discuss any health-related matters, including specialist referrals, acute care circumstances, and other topics. With lower doctor-to-patient ratios, members enjoy greater access to their physician with personalized and expedited service.



I believe the healthcare system absolutely needs something like SHIFT. Here, you have a doctor who thinks about his patients and wants them to be well in every possible way. He realizes medical care can and must be more than a once-a-year checkup where you are told about the importance of diet and exercise.”

– Betsy M., Member

ASSESSMENT OVERVIEW

SHIFT's comprehensive health assessment addresses major health matters and provides patients critical quantitative and qualitative health data. SHIFT adds convenience, with all testing and diagnostics typically completed in one day and in one place. Members receive:

- Personal, family, and medical history review
- Personality, habit and lifestyle inventory and review
- Nutrition consultation
- Fitness Consultation
 - Functional Movement Screen (FMS)
 - VO2 Max
 - Resting Metabolic Rate (RMR)
- Complete physical exam including:
 - Biometric analyses through laboratory and metabolic testing (CMP, lipids, urinalysis, TSH, CBC with differential, and hsCRP, hemocult)
 - DEXA body composition
 - Basic vision screening
 - Basic audiology screening
 - Pulmonary Function Testing (hand-held spirometry +/-)
 - Dermatological exam
 - EKG
 - Women Only (Pap +/- RNA)
 - Men Only (PSA)



Chest x-rays, CT scans, mammograms, colonoscopies, and dilated eye exams, are not included in the Executive Health Assessment services; however, SHIFT will assist members in scheduling such exams at other locations and at other times and disclose that such services would be billed separately by the providers of such services.

OUR PHILOSOPHY

Today, we know more about the human condition—our minds, our bodies, and our environments—than ever before. There are more doctors, more gyms, more diet plans, and more quick fixes. So, how can it be that there is also more obesity, diabetes, and heart disease?

What we need are more healthy people, more positive outcomes, and more resolutions met. We need to build health with doctors, trainers, dietitians, and coaches working together to help people understand and experience what health feels like.

We need to shift—
from sick care to healthcare,
from knowing to doing,
from sitting to sweating,
from surviving to thriving.

Health requires self awareness, dedication, and action. We use medical expertise and techniques in behavior transformation to build health in a sustainable way for members, and help them live healthier, happier, more productive lives.

By bringing these elements together, in the right environment with the right support and resources, we improve the ability of our members to process stress, strengthen their bodies and minds, and gain overall health.

With every step, we shift from what we are today to what we are capable of becoming.

This is Real Health.

“If you’re going to make a lifestyle change, you need people in your life to help motivate you and keep you going.”

– Jennifer M., Member



OUR COMMITMENT TO YOU



We believe...

- Health doesn't happen within the four walls of a doctor's office. It happens in all the little moments throughout the day; each choice adds up to something bigger.
 - When it comes to your health, you are in the driver's seat. We serve as your guide for the journey, but the destination is up to you!
 - Health is earned, not given. We provide the information, tools, support and accountability. You do the work.
 - In progress over perfection. It's our mission to bring you our best – and we reserve the right to get smarter along the way. Whether we develop our own skills or tap into others, we'll never stop working to improve.
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We deliver...

EXCELLENCE

An unparalleled member experience, with the latest in health sciences. Trusted and reliable subject matter expertise across the various domains of health.

COORDINATION

Subject matter expertise comes together to bring you the best care, including coordinating care beyond the SHIFT team.

ACCESS

24/7 access to your physician.
The support you need it, when you need it.
Programs and schedules that fit your busy lifestyle.

CUSTOMIZATION

Understanding member's unique needs and preferences, we create Real Health plans as unique as they are. When circumstances change, we're right there with you.

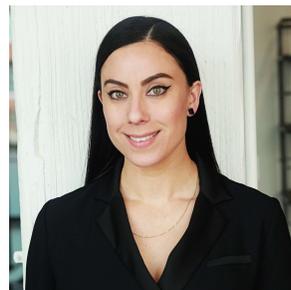
ACCOUNTABILITY

Follow up when you need it.
Individual support along the way.

COMPASSION

Achieving your goals is hard work, and we all stumble at times. We've been there and we're here to help.

THE SHIFT TEAM



Top Row: Dr. Ari Levy, Founder & CEO | Lisa Magnuson, Chief Brand Officer | Marc Greitens, Chief Operating Officer
2nd Row: Kelly Briody, Registered Nurse | Dr. Bruce Doblin, MD | Sara Snow, Medical Assistant and Massage Therapist
3rd Row: Eric Hughes, Physical Therapist | Rachel Fisher, Fitness Coach | Justin Bomkamp, Head of Training
Bottom Row: Tavierney Rogan, Registered Dietitian | Jeff Davis, Business Development | Amaya Ortiz, Director of Operations

