INDIVIDUAL MEMBERSHIPS
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?
MEMBERSHIP PROGRAMS

Offering a completely personalized plan, SHIFT is focused on identifying the path toward achieving Real Health. We offer a variety of membership options so members may choose the program that works best for them.

SHIFT Life

The SHIFT Life Program integrates every aspect of health to deliver a personalized, comprehensive, and supportive experience. Our medical professionals and highly trained staff work with members to define health goals and create the habits necessary to live a healthy, active, and fulfilling life. Board-certified physicians offer members a comprehensive annual physical and 12 months of highly accessible direct primary medical care. Life members use the SHIFT facility as their primary place for medical care, fitness, and recovery.

SHIFT Extension

The SHIFT Extension Program serves individuals who live, work, or frequently travel outside of the Chicago area. Extension members receive the same benefits as SHIFT Life members, but do not use the SHIFT facility as their primary place for fitness and recovery. Coaching sessions are conducted virtually, and members receive access to resources and experts online. Extension members have access to their primary care physician throughout the year and receive one day-pass per month for on-site fitness and recovery activities.

SHIFT Primary Care

The SHIFT Primary Care Program is designed for individuals in search of high-quality, easily accessible, personalized medical care. SHIFT’s medical professionals seek to build long-term relationships with members, supporting each individual’s achievement of his/her personal health objectives. Primary Care members receive a comprehensive annual physical and 12 months of direct primary medical care.

<table>
<thead>
<tr>
<th>SERVICES</th>
<th>SHIFT LIFE</th>
<th>SHIFT EXTENSION</th>
<th>SHIFT PRIMARY CARE</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEDICAL</td>
<td></td>
<td></td>
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<td>Health Assessment</td>
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<td>Care Coordination</td>
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</tr>
<tr>
<td>COACHING</td>
<td></td>
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<td>FITNESS</td>
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<td>On-Site Fitness Support</td>
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<tr>
<td>NUTRITION</td>
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<td>Nutrition Consultation &amp; Plan</td>
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<td>Food Log Review &amp; Feedback</td>
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<tr>
<td>RECOVERY</td>
<td></td>
<td></td>
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<td>Recovery Consultation &amp; Plan Integration</td>
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How SHIFT Works

At SHIFT, Doctors and fitness coaches come together with nutritionist and recovery specialists to provide personalized, science-based, coordinated care.

MEDICAL | Real Health. Together.
SHIFT offers high-quality, personalized care coordinated by board-certified physicians. All members receive a comprehensive health assessment, which addresses major health matters and provides quantitative and qualitative health data. SHIFT physicians and medical staff seek to understand members’ needs, specific health concerns, and personal health goals. These insights are combined with health assessment results to design a custom, comprehensive plan for individuals to begin their journey to achieving Real Health. For specialized needs, SHIFT connects members with top-quality specialists.

COACHING | Setting the Path. Guiding Your Journey.
SHIFT’s coaching methodology focuses on new habit formation and progressive lifestyle modification. Our coaches work in collaboration with members to develop meaningful and measurable goals, track progress, and adjust plans based on changes in health and lifestyle.

FITNESS | Strength. Stamina. Flexibility.
Making physical activity a part of your daily routine is essential for building and maintaining Real Health. SHIFT recognizes training is more than just exercising and focuses on accountability and a strong community. Members have access to a variety of small group fitness classes and the resources needed to achieve their fitness goals. SHIFT fitness specialists are available to ensure members are making the most of their workouts and improving in all areas of physical health.

NUTRITION | Food is Fuel
SHIFT’s registered dieticians collaborate with coaches and members to develop optimal nutrition plans customized to address specific needs. We show members how making choices that nourish their bodies and minds can be easier than they think. Members will enjoy our on-site café with nutritious snacks and on-the-go meal options.

RECOVERY | Rebuilding. Restoring.
SHIFT specializes in active recovery to give the body and mind the ability to adapt to life’s challenges. We work with members to recover in a way that will enhance overall performance, both mentally and physically. Our specialists share techniques and tools for sleep management, meditation, massage, and physical therapy.
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, hemoccult)
  - 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.

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.
**SHIFT’S CARE TEAM**

**Ari Levy, M.D., M.B.A. | Founder, CEO, Physician**
Focused on the intersections of neuroscience, immune-physiology, and allostatic load, Dr. Levy’s work and research is redefining the way we think about managing and building health and personal well-being.

Prior to SHIFT, Dr. Levy re-designed a clinical practice and helped to build an offsite clinical facility through the University of Chicago’s Program for Personalized Health & Prevention. He also co-founded Engaged Health Solutions, a health and well-being company serving clients in a wide range of industries. Dr. Levy earned his undergraduate degree in History and Sociology from Emory University, his MD from the University of Illinois College of Medicine, and his MBA at the University of Chicago.

**Deepa Arla, D.O. | Physician**
Dr. Arla is a board-certified internal medicine physician. She completed her undergraduate degree from University of Illinois and went on to pursue her doctorate degree at Des Moines University. Her subsequent training was at Rush University before moving back to her hometown of Louisville, KY to practice medicine.

Dr. Arla grew up in a medical family and believes strongly in a high-touch, personalized approach to care. Prior to joining SHIFT, she served as medical director at Harken Health, where she applied an innovative approach to relationship-based care. She has trained in Mindfulness Based Stress Reduction (MBSR) and is currently pursuing her yoga teacher training, applying meditative and yoga practices to her approach to health. She loves yoga, running, trying new things and long dinners with friends and family.