**Welcome to the AgeWell Plan**

Thank you and congratulations for joining the AgeWell Plan. By becoming a member, my staff and I promise to provide you with the best possible primary, integrative, and personalized care in our new membership model.

I have put years of experience into developing this new private medical practice membership model, reflecting my vision, or re-invention, of the future of “personalized” primary care. The research behind this plan began in the 1980s with Project AgeWell, a five-year longitudinal study I directed at the University of Arizona, and sponsored by the Brookdale Foundation. This study was one of the first of its kind in preventive geriatrics, showing that multiple risk factor reduction improved quality of life and reduced the number and dose of medications for chronic conditions. This study led to Elder-Camp and the Optimal Aging Program in the Life Enhancement Center, both at Canyon Ranch. In 2006, my practice started the AgeWell Longevity Program (based on these previous educational and research studies). Some of you may have participated in the AgeWell Longevity Program that spanned 7 years, culminating with the AgeWell Club in 2013.

Since then, my staff and I have designed the AgeWell Plan, incorporating advances in personalized and genomic medicine, along with evolving technologies in computer apps and health monitoring via the use of portals in electronic health records, and the growing research base showing the benefits of lifestyle medicine in preventing, reducing and/or reversing chronic conditions such as cardiovascular, diabetes, and other leading causes of death and disability as we age. Our goal is to provide you with more options for preventing and treating both acute and chronic health problems, by incorporating integrative therapies delivered either in-office or by excellent community providers, and by sending along to you relevant research material related to your interests, needs, as well as suggestions for a healthy lifestyle to both prevent and manage risks (genetic and environmental) and conditions most of use deal with as we age. My staff and I will be providing you with tools and information, and a hefty dose of motivation and “reasons why” to help you achieve your health goals.

The AgeWell Plan will not be like your neighbor’s concierge practice!

Here are the key activities I hope you will all be able to participate in. Over the years, other services and programs will be added as available.

* ***Annual AgeWell Integrative Medicine Physical Exam and Visit*** – These will be begin in July. Please feel free to sign up for this hour long visit that is included in your annual membership fee. This visit is in addition to the “Welcome to Medicare” physical and any “Annual Wellness Visits” covered by Medicare or your commercial insurance plan and will include:

- integrative medicine evaluation

-education and guidance regarding stress management, functional medicine and botanical medicine to maintain your health, and manage both acute and chronic health problems

- complete lifestyle review using special tests

-nutrition and supplement assessment

-physical activity/exercise review and education

-written personalized plan for lifestyle management, with risk profile and recommendations

* ***Ongoing comprehensive assessment*** throughout the year, including:
* lifestyle management coaching by my staff and I
* access to online programs from the Cleveland Clinic Wellness Institute on “Go to Sleep”, “Stress Free Now”, and “Go Foods for You”; each with assessment evaluations and 6 weeks of video lessons, at no additional cost to you
* ***Four seminars*** throughout the year I hope you will be able to attend in person. For those unable to attend, a CD or DVD (when filmed) will be available to you, along with syllabus material.

- A New Way of Being: Benefits of the AgeWell Plan and an Introduction to Lifestyle Medicine; What Matters Most

- From the Palate to the Planet – Sustainable Nutrition for Life

- Cardiovascular Health – New Insights into Preventing Heart Disease

- MindHealth – Is prevention or reversal of neurocognitive decline possible? How to maintain optimal well-being?

* ***Specialty Labs*** for testing not available locally, such as:

- Cleveland Heartlab and GDS Biosciences for advanced cardiovascular risk and inflammation markers; blood to be drawn at our office on selected Wednesday mornings

- Act-X ,Millenium Labs, and Pathways Genomics for “personalized medicine” approaches to target genetic risks for developing various acute and chronic conditions before the onset of symptoms, and to help select safe medications when necessary

- Genova Diagnostics, Doctor’s Data, and Diagnos-Techs for functional medicine testing

-ALCAT for allergy and autoimmune disease testing

*Depending upon your insurance, there may be additional costs or co-pays for some of these specialty lab*s

* ***Medicinary Botanicals and Supplements***
* 10% discount on items from Xymogen, Pure Encapsulation, Orthomolecular Products, NutraMetrix, Heel/BHI Homeopathics, and other high quality companies that do “in-house” lab testing to assure the safety and efficacy of their products
* Customized anti-oxidant formulation from Pharmanex, based on your S-2 antioxidant meter reading
* ***Access to the following Online Integrative Medicine resources*** through our practice account, with highlights sent to you in my monthly lifestyle/integrative medicine topical newsletter from

- TAP Integrative

- Ornish Living newsletter

- WHN Newletter

- Townsend Newsletter

- Food Revolution Network

- Nutritionfacts.org

- Physician’s Committee for Responsible Medicine (PCRM)

*(those without computer email access may pick up copies of my newsletter from our office)*

* ***Access to our AgeWell Library*** including a wide variety books on healthy aging, integrative medicine modalities, and selected CDs and DVDs
* ***Easy, convenient, and rapid access to me*** via:

-24-hour HIPAA-compliant electronic communication connection to me and my private practice for health educational guidance and consultation in the following ways -

- your patient portal available through our AthenaHealth electronic health record

-using my personal email address (info@evankligmanmd.com) for non-clinical questions

-contacting me via my personal mobile phone number, 520-405-5696

-prime same day or next day appointments for urgent , non-urgent and routine office visits with me or my Physician Assistant when I am not available

- when clinically necessary, up to 1 hour long visits

- wherever you are in the world, you may contact me via any of the venues above for medical advice and treatment, when medically appropriate

- Other Telemedicine/Health venues such as Skype, Facetime, and office connectivity with your personal SmartPhone apps, when such technology become HIPAA-compliant and available

* ***Referrals to Expert Integrative Practitioners***
* some of our preferred integrative practitioners may provide you with an initial consultation, visit and/or evaluation without cost