

# Membership Overview

## BENEFITS FOR ALL MEMBERS

All memberships include à la carte access to:

- Best-in-class wellness providers, services, and programs for mind-body health
- Luxurious signature spa services, including therapeutic massages and skin care treatments
- An extensive selection of fitness, movement, and meditation classes, enrichment activities, workshops, events, and Lunch and Learns for personal growth and transformation
- Free monthly educational seminars addressing the latest topics in health and wellness
- Personalized support from the PALM Navigator team
- A personal training center and premier trainers and corrective movement specialists
- A nutritious café and a wide variety of wellness retail
- State-of-the-art amenities including a salt room, a cryosauna, infrared saunas, movement studios, and relaxation spaces for rejuvenation and healing
- PALM Wellness Rewards Points
- All-inclusive pricing to foster a stress-free environment (*gratuities for services are not accepted*)

## PALM WELLNESS REWARDS POINTS

Members earn 1% back on all service and product purchases (*not including café purchases or physician visits*) and additional points by referring new members who join.

## PROGRAMS

Address a specific health concern through an intensive program. With any membership level, you have access to all of our programs, such as the Weight Management Program, Stress Management Program, Functional Medicine Fundamentals Program, Life in Balance Program, and more.

## PALM CHOICE PACKS

Add on a PALM Choice Pack to any membership. Select services from an extensive menu of options to provide you with the tools you need to achieve your goals. Choice Packs are available in packs of 8, 12, 24, and 48.





## FAMILY MEMBERSHIPS

We offer a family discount for Lifestyle, Medical, and Total Advantage members: for each additional immediate family member (*parents, children, spouses*) we apply a 10% discount to the Advantage membership of their choice.

## CLINIC REGISTRATION FEE

The Clinic Registration Fee is a one-time charge for any individual who establishes care with the medical practice, either as a Medical or Total Advantage member or as a program participant. The fee covers the individual's full registration into our electronic medical records system, uploading his or her medical history, gathering records, labs, and imaging on the individual's behalf, and activating his or her electronic portal.

## WE MEET YOUR NEEDS WHEREVER YOU ARE ON THE HEALTH SPECTRUM

GOALS	I want a wellness community.	I want a health club.	I want personalized medicine.	I want it ALL.
LEVEL	 <b>PALM WELLNESS</b>	 <b>LIFESTYLE ADVANTAGE</b>	 <b>MEDICAL ADVANTAGE</b>	 <b>TOTAL ADVANTAGE</b>
BENEFITS	<ul style="list-style-type: none"> <li>• Benefits for all members (<i>see panel at left for details</i>)</li> <li>• Wellness Pack: 10 sessions of your choice (choose from classes, salt room, infrared sauna, or cryotherapy sessions)</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits for all members (<i>see panel at left for details</i>)</li> <li>• Unlimited fitness and lifestyle enrichment classes (e.g. cardio and strength training, Pilates, flow, mind-body movement, meditation)</li> <li>• Unlimited infrared sauna sessions</li> <li>• Unlimited salt room sessions</li> <li>• Functional Fitness Assessment including a Body Composition Analysis</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits for all members (<i>see panel at left for details</i>)</li> <li>• Personalized care at the PALM Health Clinic for primary care, internal medicine, functional medicine, cardiology, gastroenterology, and other specialty medical consults. <i>Visits with medical doctors are insurance billed or self-pay (not included as part of the membership fee).</i></li> <li>• Enhanced 24-7 medical team access through a medical concierge line</li> <li>• Same- or next-day clinic visits for urgent issues</li> <li>• On-site lab draws (<i>available Sept. 2019</i>)</li> <li>• A customized set of three wellness assessments and services from the PALM Choice Pack (e.g. Functional Fitness Assessment, Vitality Assessment and Rebalance Session, TCI Personality Assessment and Interpretation, Nutritional Counseling, Well-Being Coaching) (<i>see our Menu of Services for a full list of options</i>)</li> <li>• Wellness Pack: 10 sessions of your choice (choose from classes, salt room, infrared sauna, or cryotherapy sessions)</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits for all members (<i>see panel at left for details</i>)</li> <li>• Personalized care at the PALM Health Clinic for primary care, internal medicine, functional medicine, cardiology, gastroenterology, and other specialty medical consults. <i>Visits with medical doctors are insurance billed or self-pay (not included as part of the membership fee).</i></li> <li>• Enhanced 24-7 medical team access through a medical concierge line</li> <li>• Same- or next-day clinic visits for urgent issues</li> <li>• On-site lab draws (<i>available Sept. 2019</i>)</li> <li>• A customized set of three wellness assessments and services from the PALM Choice Pack (e.g. Functional Fitness Assessment, Vitality Assessment and Rebalance Session, TCI Personality Assessment and Interpretation, Nutritional Counseling, Well-Being Coaching) (<i>see our Menu of Services for a full list of options</i>)</li> <li>• Unlimited fitness and lifestyle enrichment classes (e.g. cardio and strength training, Pilates, flow, mind-body movement, meditation)</li> <li>• Unlimited infrared sauna sessions</li> <li>• Unlimited salt room sessions</li> <li>• Functional Fitness Assessment including a Body Composition Analysis</li> </ul>
PRICE	<b>\$500 / year</b>	<b>\$2,400 / year or \$220 / month</b>	<b>\$2,600 / year or \$240 / month</b> Clinic Registration Fee <b>\$250</b>	<b>\$4,200 / year or \$385 / month</b> Clinic Registration Fee <b>\$250</b>
ADD-ONS	<p><b>PROGRAMS</b></p> <p>Functional Medicine Fundamentals Program / Weight Management Program / Stress Management Program / Heart Health Program / Life in Balance Program / and more</p> <hr/> <p><b>PALM CHOICE PACKS</b></p> <p>8-Pack of services for \$858 / 12-Pack of services for \$1,254 / 24-Pack of services for \$2,442 / 48-Pack of services for \$4,752</p> <hr/> <p><b>FAMILY MEMBERSHIPS</b></p> <p>We offer a family discount for Lifestyle, Medical, and Total Advantage members: for each additional immediate family member (<i>parents, children, spouses</i>), we apply a 10% discount to the Advantage membership of their choice.</p>			

All memberships are for a one-year term.