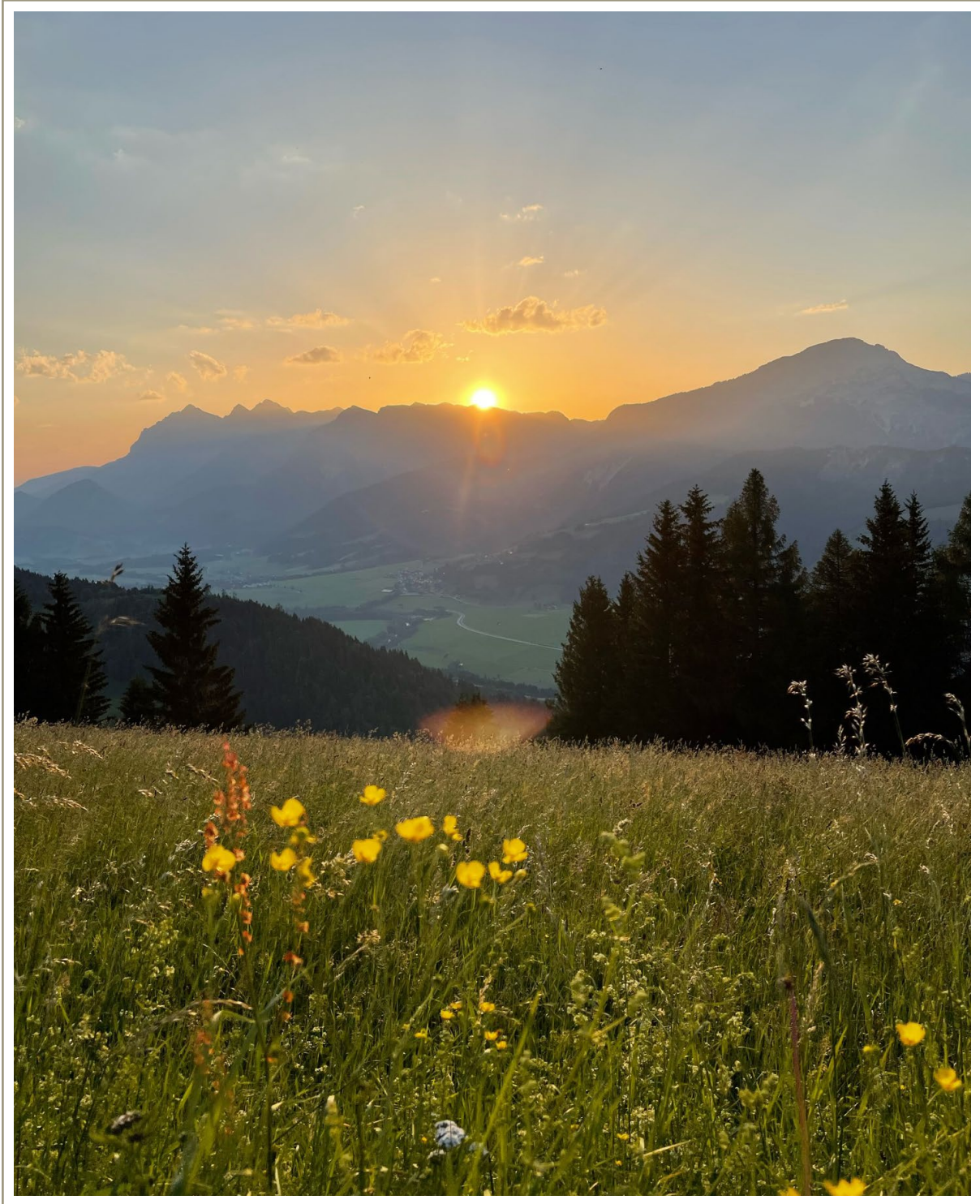


# MORE THAN HEALTH

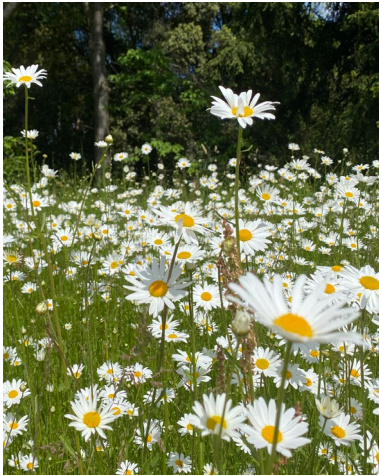


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## MEMBERSHIP: STEP BY STEP

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# OUR APPROACH



The More Than Health approach is a personalised, membership-based model with a focus on prevention and lifestyle changes, aligned with the changing seasons.

Our bodies function in synchronicity with the natural cycle of the seasons and our experience tells us it takes a year to make sustainable health changes which is why we offer a 12-month membership period. By working respectfully with seasonal rhythms we can provide you with a unique wellness management program, designed to optimise your metabolic and general health, vitality and maintain your well-being long into the future.

By becoming a Member of More Than Health you promise yourself and us a year's commitment to improve your health and we offer you the expertise to make measurable changes over that period. Our multi-disciplinary Team of international specialists support you in all areas of your life: from the physical, mental, emotional to your professional lives.

Our roots are in the gentle, holistic approaches of Functional and Naturopathic medicine: based upon preserving and optimising health, rather than treating disease. We also harness the principles of modern medical research, including epigenetics, and evidence-based medicine to make sure that your improvements in health and vitality are measurable and quantifiable. Members agree to having their data (fully anonymised) published for audit and research purposes. We work with Heart Rate Variability, an evidence-based parameter to assess your overall health, and it will be used as baseline measure. Your activity levels and quality of sleep will be monitored by an external sleep tracker that also continuously monitors heart and breathing rate, temperature and oxygen saturation. Individual health markers including blood pressure and weight are also monitored. Quality of life will be assessed through questionnaires at the same time. Depending on your level of membership, blood sugar and fats, HbA1C, hsCRP, homocysteine and vitamin D will be repeated at previously agreed intervals throughout the year including a period with a continuous glucose monitor (CGM).

Members have access to a seasonally tailored program by Dr Meuschel which generally includes guidance on diet and nutritional supplements, on medication and possible alternatives like micro-immunotherapy or herbal medicines, on regulation of stress levels and the autonomic nervous system e.g. Autogenic training, Guided meditation and heart rate variability. There is further guidance on sleep, posture, exercise and general lifestyle with a range of gadgets and treatments available including Seasonal and Ecological Medicine, Psychotherapy, Sleep medicine, Resilience and coherence training, naturopathy, osteopathy, homeopathy.

We currently offer two levels of membership:

## Managed Membership

This complete wrap-around support service is suitable for you if you have previously struggled with implementing healthy choices, or if you need extra support due to existing health conditions or a stressful lifestyle.

## Monitored Membership

For those who are further along their journey to wellness and require less support.



# MEMBERSHIP

## STEP BY STEP

### STEP 1

#### PRE ASSESSMENT

Complementary 15 minute call with Dr. Meuschel to assess your health and discuss which of our services might be suitable for your needs.

Followed by a comprehensive health questionnaire for you to complete.

### STEP 2

#### ENTRY ASSESSMENT - INCLUDED IN THE SERVICE ENGAGEMENT FEE

##### i. Assessment and tests with Dr Meuschel

During the comprehensive entry assessment with Dr Meuschel (up to 1.5 hours) your health and possible risk factors will be evaluated, genetic predispositions considered, and tests agreed based on individual needs. Ongoing health monitoring devices will be discussed and decided upon so that health data can be collected and analysed to ensure optimised health interventions.

Tests will be discussed during the Entry Assessment, they are based on your individual needs and are not included in the price of the Entry Assessment. The minimum requirement is haematology and biochemistry, including blood sugar and fats, HbA1C, hs CRP, homocysteine and vitamin D. Full nutritional assessment (in spring or summer) and immune status testing (in autumn or winter) is included with Managed Membership. These panels may be recommended for Monitored Members to help prepare you, in an epigenetic sense for the upcoming season.

Tests can be performed via a local health care provider or with More Than Health. More Than Health generally charges for testing at cost, with a small admin fee depending on the number of tests ordered - for further details please ask for our price list.

##### ii. Assessment with one other senior member of the More Than Health Team

In addition to Dr Meuschel you will see one other senior member of the team, the decision is made between you and her during the initial assessment. Depending on your individual circumstances it can be anything from an additional sleep assessment, a session with one of our psychologists to an osteopathic assessment.

### STEP 3

#### OUTCOME AND RECOMMENDATION - INCLUDED IN SERVICE ENGAGEMENT FEE

Once you have completed the Entry Assessment the whole Team will be involved in your case analysis followed by another appointment with Dr. Meuschel or one of the senior team members where your suitability for the different Membership types or a Retreat will be discussed. According to the outcome, a set of realistic health goals and progress appointments will be agreed with you.

Please allow up to 4 weeks for the completion of steps 1 to 3, particularly if you want blood tests or would prefer the Team to visit you at your home to complete the assessment.



# MEMBERSHIP

## STEP BY STEP

### STEP 4

#### MEMBERSHIP LEVELS:

	Monitored Membership	Managed Membership
Access to More Than Health Portal	included	included
Access to email support	included	included
Access to additional Team appointments at reduced rates	included	included
Access to a range of customised health resources including Autogenic Training and Resilience Training	not included	included
Organisation of referrals including age-related prevention and screening e.g. colonoscopy, DEXA scans or gynaecological assessments	not included	included
Monthly review of monitoring devices	included	included
Monthly phone consultation with Team	not included	included
Monthly Team meeting: client review and recommendations	not included	included
Quarterly health questionnaire with Dr Meuschel	included	included
Quarterly health goal review with Team	not included	included
Guaranteed fast access to add-on services at discounted price	included	included
Seasonal blood test: Spring and Autumn	not included	included
Seasonal blood tests: interpretation and monitoring: twice p/a	not included	included
Continuous Glucose Monitoring: twice p/a	not included	included
Continuous Glucose Monitoring review: twice p/a	not included	included
Progress Review with Dr Meuschel: twice p/a	not included	included
Progress Review with Kay Willis: twice p/a	not included	included
Progress Review with Dr Meuschel: once p/a	included	n/a
Access to one Health Retreat e.g. Mallorca p/a	* included	** included

\*The cost of the Retreat is not included. \*\* The cost of the Retreat is not included but you will have a priority invitation.

### STEP 5

#### RENEWAL

The More Than Health Membership is a rolling contract. Depending your needs, you can move between Membership levels of care e.g. If you're a Monitored Member and you feel in need of more support you can upgrade to Managed Membership for a year, or however long you need.

During the last 2 months of your Managed Membership all data and the last set of bloods /tests will be reviewed and after consultation with the Team, a recommendation will be made whether to renew or change your level of care.

Costs of referrals / diagnostics are not covered by the membership fee and will need to be discussed and agreed at the time. For further details please request our price list by emailing [atyoursevice@morethanhealth.com](mailto:atyoursevice@morethanhealth.com)

