

Executive Health Program



Busy Executives understand the value of their time. So does Rouse & Company's strategic partner, LX Medical. The professionals at LX Medical proactively identify risk factors, make treatment decisions that help prevent illness, and optimize the health and wellness of your Company's key contributors.



Why LX MEDICAL?

Our Corporate Executive Members enjoy less sick days, increased productivity at work, and an unprecedented, concierge style of in-home medical and wellness care. They'll never have to go to the clinic again!

The LX Medical Executive Program doesn't just benefit your key players. Your company will also see **improvement of employee satisfaction and retention** with this one-of-a-kind addition to their health benefits.

About our TEAM and our CONCEPT

LX Medical started as a concierge urgent care/medical care concept. Then it grew into a full service, concierge-quality, medical, health, and wellness company that does everything from primary care and urgent care, to prevention and optimization of our clients' health — all in the comfort of our clients' homes.

Our team is made up of seasoned MDs, PAs, and NPs. No one on our team has less than 10-years of experience, and are considered leaders in their respective fields. Our core team also has a network of specialty consultant physicians that can be accessed at any time.

There's not another supplemental healthcare benefit quite like ours. Both the cost of our Executive Health Program and our Executive Membership monthly fee can be paid for by the company as a pre-tax healthcare benefit. All of our in-home services can be applied to HSA/FSA style benefit plans, or applied to a pre-existing insurance plan out-of-network policy.

THE BEST VALUE FOR YOUR COMPANY

The best value option that we offer is for your executives to become LX Medical Members. As a member, they will enjoy our Executive Health Program for **free**, and get all the other perks that come with being a member.

Your Key People's Time Is Important

This is why we developed our entire program to be completed utilizing both telemedicine and an in-home or in-office visit. We work around your schedule.

The Executive Program for non-members is \$1800 per executive and covers:

- Comprehensive health assessment and medical history review.
- Full range of customizable screening labs. The “basic” panel includes all organ system labs, blood counts, comprehensive metabolic panel, nutritional assessment labs, hormone levels, cholesterol, diabetes screening, inflammatory markers, and some gender specific labs. We also offer specialty labs as add-ons (see below) and always customizable per the individual needs.
- Cardiovascular counseling, as desired.
- Imaging as needed/as requested: Your provider will help you decide if imaging is indicated. MRI, CT, Ultrasound, mammography, XR, bone density scans are all available **and can be billed through your in-network insurance policy.**
- Lifestyle, stress, nutrition, and supplement assessment.
- Free Access to LX Medical's Board of Specialty Advisors if the need arises which includes: Mental Health, Eye Specialty, Gastrointestinal/Gut Health expert, Cardiology, ENT, Orthopedics, Rheumatology, among others.
- In-depth, one-on-one review with your personal executive health provider, which includes your **LX Medical wellness score**, and actionable steps toward improving your wellness score.
- 6-month check in, if desired, to reassess your wellness score, and track any labs that we want to keep a close eye on.

If your executives opt-in to our corporate medical memberships, the membership fees can be paid for by the company as a pre-tax health benefit, AND the Executive Health Program is FREE. More info below.

Unique and innovative add-ons created by our specialty physicians

LABS:

Aging Status Lab Panel: Looks at markers in the blood associated with vascular disease, risk of heart disease, risk of cognitive issues later in life, and levels of aging markers. **\$350.00**

Rheumatology Panel: Looks for the presence of any auto-immune related processes like rheumatoid arthritis, Sjogren's, lupus, among many others. **\$250.00**

STD screening: **\$180.00**

Food Allergy Lab Panel (included in our Gut Health Program - see below): **\$300.00**

Tick Borne Illness Screen: Screens for all tick related illness endemic to the upper midwest: **\$250.00**

Add-On Programs:

Physical Therapy/MusculoSkeletal Wellness Assessment: \$40/15 minutes.

Our specialty Physical Therapy team performs an age-related assessment to look at your overall strength, fitness, and stability. Then they create a custom tailored program to get your musculoskeletal system optimized, which helps decrease likelihood of serious injury over time. **In-clinic/in-network insurance is an option for this program.** If in-home assessment: \$100 travel fee applies and cost is out-of-pocket or applicable to HSA/FSA type accounts.

Gut Health/Digestion Improvement Program:

Our GI/Gut Health physician specialist, alongside our Executive Health team of providers, will order specific lab tests to assess inflammation, rule out certain diagnoses, assess your gut bacteria/microbiome environment, interpret results, and offer treatment strategies to improve your gut health/digestive system health. This comprehensive program includes treatment, dietician recommendations, labs, and as much follow-up as necessary: **\$900.00. 15% off with Executive Membership.**

Cardiovascular Optimization Program:

Our cardiovascular health specialist has custom designed a program to assess your current cardiovascular health, your risk factors for future cardiovascular health issues, and recommendations to optimize this critical body system. This includes labs, assessments, TeleHealth, medication recommendation, and follow-up. All imaging goes through CDI and applied to your in-network insurance. **\$750. 15% off with Executive Membership.**

Wellness Infusions:

IV Health/Wellness/Peak Performance Infusion: These infusions are meant to boost your essential vitamins/minerals, optimize your cells/metabolism, and help detox your body. Our infusions are great for overall health/wellness, energy boosting, lifting brain fog, immune boosting, "anti-aging", and more. Ask your provider for more details. **Cost varies. 15% off with Executive Membership.**

Sponsor LX Medical Memberships for Your Company's Key Personnel

- Our members include some of Minnesota's elite executives. They chose LX Medical and have stayed with LX Medical for a reason.
- We have several companies looking into our corporate benefits. Currently, we service executives at the following companies:

OTABO Gradient Financial Group

- For \$200 per month per adult, the LX Medical Executive Health Program is **FREE** with the exception of add-on programs/services. If **10-24 executives sign on** at once, there is **10% off** the monthly membership (\$180 per adult per month). If **25 or more sign on**, there is **15% off** (\$170 per adult per month).
- We also offer a STANDARD concierge medical membership for **\$80 per month per Executive**, which comes with everything listed below, but does NOT include our Executive Health Program.

Executive Members get all the perks that come with being an LX Medical Member:

✦ Free 24/7 TeleMedicine whether you're home, or living/traveling abroad.

✦ **Priority access to our "Tier-1" providers throughout the year for all of your in-home urgent care and primary care needs including**, but not limited to, lacerations, acute illnesses, injuries, pre-op physicals, post hospitalization follow ups, **rapid** diagnostics like strep/flu/**covid** testing, and IV Hydration. Basically, if you ever thought you needed to go to your primary care clinic, or to an urgent care, you'd call us instead, and we'd take care of it right in the comfort of your home or office.

✦ Priority Access to our "Nurse-only" visits for diagnostics like rapid molecular COVID-19, influenza, strep, etc. (only cost is for the diagnostics themselves).

✦ 10-15% off of all invoices for all visit types.

✦ No travel fees for in-home urgent care/primary care.

✦ **Free access** to our members-only texting and call line for immediate care.

✦ **Free access** to immediate consults from our Specialty Board of Physician Advisors.

✦ Access to our growing network of in-home care including physical therapists, chiropractors, wellness coaches, dieticians, and more.

Executives can also sign up their children/spouses on our concierge medical memberships, if desired. \$60 per family member per month, with a family max of \$200 per month regardless of how many individuals are on it. Family members get everything listed above, with the exception of our Executive Health Program.

Let's Get Started - Key Contacts

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