

Connected Health offers advanced screenings and diagnostic tests to support proactive care. These services are available as part of your primary care membership or as standalone options and provide guidance to help you stay ahead of health concerns and live your healthiest, longest life.

Grail (Early Cancer Detection Test)

A groundbreaking blood test that screens for multiple types of cancer, often before symptoms appear.

- Detects over 50 types of cancer through a simple blood draw
- Offers early detection when treatment is most effective
- Ideal for those seeking a proactive approach to cancer screening

Liver Fibroscan

A non-invasive way to assess liver health without the need for a biopsy.

- Measures liver stiffness and fat content
- Helps detect early signs of fibrosis, cirrhosis, or fatty liver disease
- Useful for individuals with liver risk factors such as obesity, diabetes, or alcohol use

Mediator Release Test (MRT Food Sensitivity)

Helps identify food sensitivities that may be causing inflammation or chronic symptoms.

- Tests your response to 170+ foods and chemicals
- Helps uncover triggers for symptoms like bloating, fatigue, migraines, or skin issues
- Provides a foundation for an anti-inflammatory, personalized eating plan

NutrEval

Comprehensive profile for identifying nutritional deficiencies. Common clinical indications for testing include:

- Mood disorders
- Cardiovascular disease
- Obesity/Insulin Resistance/Type 2 Diabetes
- Fatigue
- Weight Issues/Dietary Guidance

MicroNutrient Testing (MNT SpectraCell)

This nutrient analysis measures how your body uses 31 vitamins, minerals, amino/fatty acids, antioxidants, and metabolites by examining white blood cells. It identifies functional deficiencies at the cellular level, offering insight into the micronutrients needed for optimal health. A nutritional assessment for a wide variety of clinical conditions.

- Arthritis
- Cancer
- Cardiovascular Disease
- Diabetes
- Immunological Disorders
- Metabolic Disorders

3X4 Genetics

Personalized genetic insights for optimal health. Through a simple cheek swab, 3X4 provides you with a health and wellness tool that equips you with everything you need to make informed decisions about your health. 3x4 looks at how your genes work together in cellular pathways and functional systems to control processes such as inflammation, metabolism, and detoxification.

Genova SIBO Test

Non-invasive breath testing to evaluate bacterial overgrowth. SIBO is a common clinical condition characterized by excessive bacteria in the small intestine.

Symptoms and conditions commonly associated with SIBO include:

- Bloating/distension
- Gas
- Diarrhea
- Abdominal pain
- Irritable Bowel Syndrome (IBS)
- Inflammatory Bowel Disease (IBD)
- Celiac Disease
- And more..

GI Effects (Gut Health Assessment)

A thorough stool analysis that examines the balance and function of your digestive system.

- Assesses gut bacteria, inflammation, and digestive efficiency
- Identifies the root cause of chronic GI symptoms
- Supports immune health and overall well-being through microbiome balance

MyOme Genome Sequencing (DNA testing) 151 Gene Panel

A comprehensive analysis of your genetic blueprint for personalized risk insights.

- Evaluates your risk for inherited conditions and how your body processes medications
- Helps guide targeted prevention strategies and lifestyle decisions
- Supports long-term health planning based on your unique genetic profile

Cardiovascular Package

A detailed look at your heart and vascular system to support early detection and prevention.

This screening includes a full suite of diagnostic imaging tests:

- Carotid ultrasound
- Abdominal aorta ultrasound
- Bilateral lower extremity arterial ultrasound
- CT cardiac calcium scoring

Echocardiogram

An echocardiogram is a non-invasive ultrasound of the heart that allows us to see how your heart is functioning in real time. It provides detailed images of your heart's chambers, valves, and overall structure, helping detect issues such as:

- Heart valve abnormalities
- Signs of heart failure
- Cardiomyopathy or weakened heart muscle
- Congenital heart condition

Peptide Therapy

Peptide therapy supports key processes involved in recovery, metabolism, and cellular repair by working with your body's natural pathways. At Connected Health, peptide therapy is thoughtfully guided by our physicians and concierge care team, with options tailored to your needs and closely monitored to ensure it fits into a comprehensive, long-term approach to health.

Peptide Therapy May Support:

- Healthy metabolism, gut health, and weight management
- Lean muscle development and strength
- Recovery from exercise or injury
- Sleep quality
- Energy levels and stamina
- Sexual health and libido
- Cognitive function and mental clarity
- Mood & stress resilience
- Immune system support
- Skin health and signs of aging

DEXA Scan (Bone Density Test)

A DEXA scan (dual-energy x-ray absorptiometry) is the gold standard for measuring bone mineral density. It helps detect early signs of osteoporosis or bone loss—especially important for postmenopausal women, older adults, and individuals with a history of fractures.

- Quick, painless, and low in radiation
- Helps guide decisions about calcium/vitamin D supplementation or medication
- Can also be used to assess body composition in certain cases

Brain Aneurysm Screen

Brain aneurysm screening is a non-invasive MRA/CTA imaging study that checks for abnormal bulging in the blood vessels of the brain. While aneurysms are often silent, early detection can be life-saving – especially for individuals with:

- A family history of aneurysms or hemorrhagic stroke
- High blood pressure or vascular disease
- A personal history of smoking

Brain Health Screen

Our Brain Health Screen provides a detailed look at your brain's vascular and structural health using two advanced imaging studies: a CTA/MRA and an MRI. Ideal for those seeking proactive insights, especially with a family history of stroke, cognitive decline, or vascular concerns.

Helix Pharmacogenomics Panels

- **Helix Hereditary Actionable Disorders Screen:** An 89-gene screening test for hereditary predisposition to cancer, cardiac disease, metabolic, muscular and blood-clotting disorders.
- **Helix Hereditary Comprehensive Cancer Panel:** A comprehensive 70-gene panel for assessing hereditary risk across breast, gynecologic, colorectal, pancreatic, prostate, kidney, skin, brain, and endocrine cancers.
- **Helix Comprehensive Pharmacogenomics (PGx) Panel:** Evaluates a patient's metabolizer status for 27 genes, which can aid in appropriate medication selection and dosing to reduce risk of side effects and treatment failure for cancer, cardiovascular disease, pain, mental health, and other conditions.

DUTCH

The DUTCH (Dried Urine Test for Comprehensive Hormones) Test offers comprehensive testing for sex and adrenal hormones, along with their metabolites. This extensive data helps providers identify the root cause of symptoms, allowing for personalized treatment plans and peace of mind.

Can support patients navigating hormone-related concerns or looking to optimize overall wellness, including:

- Fibroids
- Infertility
- PCOS
- Low testosterone
- Perimenopause
- Overall hormone optimization

IV Drips Therapy

Iron Infusions:

An IV treatment that restores low iron levels, supporting energy, focus, and overall wellness. Often recommended for individuals with iron deficiency or anemia.

Anti-Inflammatory Drip:

A targeted IV therapy designed to help reduce inflammation in the body using a blend of vitamins, antioxidants, and nutrients that support immune function and cellular repair.

Immune Booster:

A blend of immune-supporting nutrients delivered intravenously to help strengthen your body's natural defenses and support recovery.

Executive Physical Packages

For busy professionals and the teams that support them, we provide personalized care designed to meet the demands of high-performing roles. Whether you're prioritizing your own health or seeking comprehensive solutions for your organization, our proactive approach helps you stay at your best.

We offer three package options – Bronze, Silver, and Gold – to fit your individual needs and level of care.