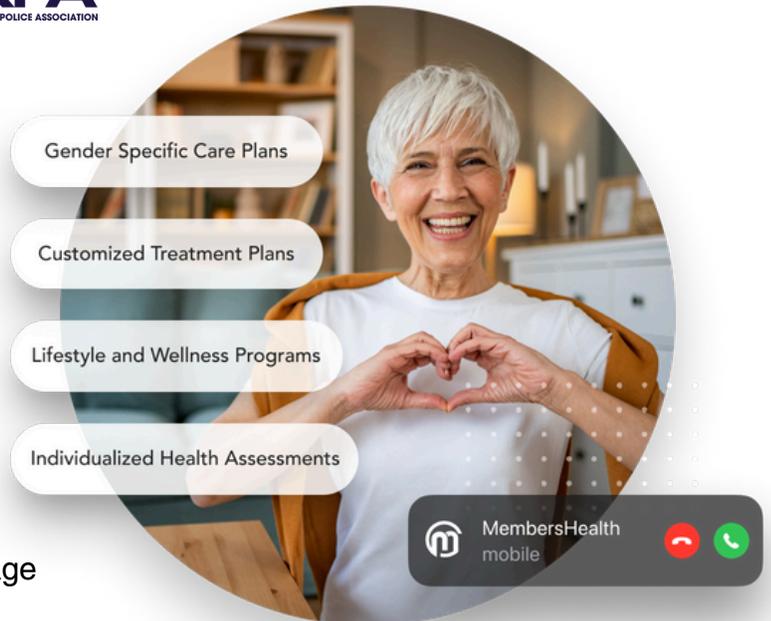


# Discovery<sup>+</sup>

## Your Onboarding Guide

Discovery+ is a comprehensive preventative healthcare program designed to provide you with personalized health insights and care.

Our experienced doctors and dedicated Care Team work together to assess your health, manage necessary tests, and deliver actionable results.



## What You Need to Know Before Starting

### Program Duration:

Typically 4-6 weeks from initial consultation to follow-up

### Time Commitment:

- 15 minutes for intake form
- 1-hour initial virtual consultation
- 2-3 weeks for self-guided testing
- 30-minute follow-up consultation

### Technology Requirements:

- Reliable internet connection
- Device with video capability (smartphone, tablet, or computer)
- Access to email for communications

## How to Prepare

### Gather Health Information:

- Current medications and supplements
- Family health history
- Recent test results or medical records
- List of current health concerns or symptoms

### Choose a Quiet, Private Space for virtual consultation

**Plan Your Schedule:** Allow flexibility for completing recommended tests

**Consider Your Health Goals:** Think about what you want to achieve through this program



## Next Steps

1. Complete our secure online intake form at <https://form.jotform.com/241424649456260> or scan the QR code
2. Our team will contact you to schedule your initial consultation
3. Prepare any questions you have for your doctor

## Important Reminder

- Respond promptly to your Care Team.
- Complete tests within the suggested timeframe.
- Contact us with any questions or concerns.

## Contact Information

**Rosalie Rao** - Personal Care Coordinator  
**Phone** - 437-232-6149  
**Email** - rrao@membershealth.ca