



Membership Benefits Overview

Access to our Team for 21st Century Functional Medical Care, Smaller Practice Size, Concierge Level Communication, Telemedicine, On-Demand Library of Functional Medicine Education, Discounted Professional Grade Nutritional Supplements, Administrative Support Services, and Access to Soul Care Retreats

Brain Gauge testing

Inbody Body Composition testing

Access to Virtual Functional Fitness Classes (weekly)

Wellness Coaching for Meal Planning

Monthly Personalized Brain Health Coaching

Access to Re-Think Aging Community Forum with Dr. Libert

Access to Re-Think Aging Masterclass with Dr. Libert (monthly)

Annual Brain Health Check-up with Dr. Libert (a.k.a cognoscopy)

Annual biologic age and comprehensive lab testing (cardiometabolic, nutritional status, hormones and thyroid function)

Comprehensive stool analysis and Mycotoxin testing

The Cognitive Decline Treatment Program is a 12-month, physician-led intensive designed to uncover and reverse the root causes of memory loss, brain fog, and early cognitive decline and includes clinical care with Dr. Libert and her team throughout the year.

CFB Basic Membership

✓

CFB Premium Membership

✓

✓

✓

✓

✓

CFB Premium Plus Membership

✓

✓

✓

✓

✓

Brain Health & Longevity Membership

✓

✓

✓

✓

✓

✓

✓

✓

✓

✓

Cognitive Decline Treatment Program

✓

✓

✓

✓

✓

✓

✓

✓

✓

✓

✓

✓

\$165/year

\$825/year

\$2189/year

\$8,500/yr

Personalized investment
by consultation



How to Know You Are in the Right Membership

Every membership is thoughtfully designed to answer one essential question:

"How much guidance, depth, and partnership do I want as I protect my brain, energy, and future?" There is no "right" or "wrong" level of care. There is only what is right for you in this season of life. Each option reflects a different level of support, structure, and personalization.

Cognitive Treatment Program (By Invitation Only)

This program is reserved for individuals with a diagnosed neurodegenerative condition, mild cognitive impairment, or early-stage dementia. If you or your loved one is facing active cognitive decline and requires intensive medical oversight, advanced diagnostics, and a highly coordinated treatment plan, this level of care provides the depth, urgency, and clinical partnership that situation deserves. This program is offered only after a comprehensive evaluation to ensure it is the most appropriate and supportive path.

Brain Health & Longevity Membership*

Choose this option if your primary goal is **proactive cognitive protection with physician-level depth**. This membership is ideal if you want a strong medical foundation for long-term brain health, personalized guidance, and thoughtful interpretation of advanced testing, as well as expert coaching or hands-on accountability. You value prevention, insight, and clarity, and you want to work closely with a physician who understands the science of cognitive aging and healthspan optimization.

Basic Membership

Choose this option if you want reassurance, access, and expert oversight. This level of care is ideal if you are doing many things well already and want a trusted clinician keeping an eye on the big picture. You value peace of mind, professional guidance, and the ability to ask questions as needed.

Premium Membership

Choose this option if you want **progress you can see and measure**. This membership is well-suited for individuals who are motivated, engaged, and appreciate structured check-ins, meaningful data, and expert guidance to stay on track. You want reassurance that your efforts are working and the confidence that comes from objective feedback and thoughtful medical oversight.

Premium Plus Membership

Choose this option if you want **hands-on coaching, habit support, and high-touch personalization**. This is for those who know what they *should* be doing but want support turning insight into consistent action. You benefit from accountability, encouragement, and a collaborative care team walking alongside you as you implement meaningful lifestyle and health changes. If you want to feel deeply supported, not just informed, this level of care offers that partnership.

*Brain Health & Longevity Membership Eligibility Guidance

This program is an excellent fit if you:

- Do not have diagnosed neurodegenerative disease, MCI or dementia
- Are functioning independently with no substantial cognitive decline
- Are highly motivated to engage in lifestyle-based prevention
- Are open to coaching, learning, and implementation

You may be better served in our Cognitive Decline Treatment Program if you:

- Have diagnosed MCI or dementia
- Have experienced meaningful decline from your cognitive baseline
- Require intensive medical and caregiver-supported intervention

Membership Tier	Monthly Rate	Annual Rate
Basic	\$15	\$165
Premium	\$75	\$825
Premium Plus	\$199	\$2,189
Brain Health & Longevity	n/a	\$8,500
Cognitive Decline Treatment Program	n/a	Personalized investment by consultation