

EXECUTIVE LONGEVITY PROGRAM

Comprehensive health assessment with advanced testing & physician-led insights

The Executive Longevity Program offers a comprehensive health assessment combining advanced testing with physician-led insights to provide a complete picture of your current health and a roadmap for the future.

Designed and led by **Ben Stahl, MD**, this program is designed for individuals interested in proactively managing their well-being.

Introductory Pricing: \$1,950

(Includes a 6-month follow-up reassessment, a \$750 value.)

What's Included in the Program:

- **Physician Consultation:** A dedicated **60-minute comprehensive consultation** with Dr. Stahl to discuss your history, goals, and results.
- **Advanced In-Office Assessments:** Includes detailed evaluations such as Electrocardiogram (EKG), Body Composition, VO₂ Max Cardiorespiratory Fitness Testing, Resting Metabolic Rate (RMR) Testing, Fitness Assessments, and Cognitive Screening.
- **Comprehensive Laboratory Assessment**
 - An extensive panel of over 100 laboratory tests covering:
 - i. Complete Blood Count (CBC) & Metabolic Panel
 - ii. Advanced Lipid Panel and Cardiac Risk markers
 - iii. Hormone levels (Male/Female) and Complete Thyroid panel
 - iv. Vitamins & Minerals, Autoimmune/Inflammation markers
 - v. Metabolic Health and Heavy Metal Screening
 - 100+ lab tests rivaling Function Health's base panel, with several of their premium add-ons included at no extra charge.
- **Personalized Follow-Up Care**
 - You will receive a **Personalized Results Summary with a Prioritized Action Plan**, followed by a comprehensive **6-Month Reassessment** to track your progress.

STAHL MEDICAL

PERSONALIZED WELLNESS & AESTHETICS

EXECUTIVE LONGEVITY PROGRAM

Comprehensive health assessment with advanced testing & physician-led insights

INTRODUCTORY PRICING

\$1,950

Includes 6-month follow-up reassessment (\$750 value)

WHAT'S INCLUDED

Physician Consultation

60-minute comprehensive consultation with Dr. Benjamin Stahl, MD

In-Office Assessments

Electrocardiogram (EKG)	Resting Metabolic Rate (RMR) Testing
Body Composition (body fat %, muscle mass, visceral fat)	VO ₂ Max Cardiorespiratory Fitness Testing
Fitness Assessment (grip strength, balance, sit-to-stand)	Mediterranean Diet Score & Nutritional Assessment
Cognitive Screening (MoCA & CNS Vital Signs)	

Comprehensive Laboratory Assessment

Complete Blood Count (CBC): WBC, RBC, Hemoglobin, Hematocrit, Platelets, Differential	Male Hormones: Total & Free Testosterone, SHBG, Estradiol, LH, DHEA-S, Prolactin
Comprehensive Metabolic Panel: Glucose, Calcium, Electrolytes, Kidney (BUN, Creatinine), Liver (ALT, AST, ALP, Bilirubin), Protein, Albumin	Female Hormones: Testosterone, SHBG, Estradiol, Progesterone, LH, FSH, DHEA-S
Advanced Lipid Panel: Total Cholesterol, LDL, HDL, Triglycerides, VLDL, Lipoprotein Fractionation	Complete Thyroid: TSH, Free T4, Free T3, Total T3, TPO Antibodies, Thyroglobulin Antibodies
Advanced Cardiac Risk: ApoB, ApoA1, Lp(a), PLA2, hsCRP, Omega-3/6 Profile	Vitamins & Minerals: Vitamin D-25, B12, Folate, Zinc, Magnesium, Iron Studies (Iron, Ferritin), Urinalysis
Autoimmune & Inflammation: Sed Rate (ESR), CRP, ANA, Rheumatoid Factor, Homocysteine	Metabolic Health: Insulin, C-peptide, Leptin, Uric Acid, Hemoglobin A1C
Heavy Metal Screening: Lead, Mercury, Arsenic, Cadmium	Cancer Screening: PSA (men), CA-125 (women)

Follow-Up Care & Results

Personalized Results Summary with Prioritized Action Plan
6-Month Reassessment (partial labs, VO ₂ Max, RMR, strength/balance, body composition)

OPTIONAL ADD-ONS

Service	Price	Service	Price	Service	Price
One Test Cancer Screen	\$200	Adiponectin	\$75	Full Body MRI (Head/Neck/Abd/Pelv)	\$425
Amyloid Tau (dementia risk)	\$250	Cystatin-C (kidney)	\$50	Brain MRI Screening (dementia focus)	\$110
ApoE (Alzheimer's risk)	\$150	Anti-Mullerian Hormone	\$65	Prostate MRI Screening	\$125
				Coronary Calcium Score	\$100
				CT Lung Screening	\$225