



Palm Health Comprehensive Health Assessment



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Discover What Your Annual Physical Missed

The Problem With Standard Physicals

Most annual physicals only scratch the surface of your health. Standard blood tests like basic CBCs and CMPs provide limited information, often missing subtle imbalances that can develop into serious conditions over time. Many patients go years with "normal" lab results despite experiencing persistent symptoms.

Our Solution: Truly Comprehensive Assessment

At Palm Health, we go beyond the standard approach with our Comprehensive Health Assessment, designed to identify the root causes of your health concerns and provide clear, actionable steps toward improvement.

What You'll Receive:

1. In-Depth 60-Minute Consultation

Unlike rushed 15-minute appointments, we take time to understand your complete health picture, including:

- Detailed medical history
- Current health concerns
- Lifestyle factors often overlooked in standard visits
- Personal health goals

2. Advanced Laboratory Interpretation

We analyze comprehensive labs that most annual physicals miss including:



- Extended thyroid panel (not just TSH)
- Inflammatory markers
- Metabolic function indicators
- Nutrient levels
- Hormonal balance assessment

3. Personalized Health Plan

Based on your consultation and lab results, you'll receive:

- Customized recommendations tailored to your unique needs
- Practical implementation strategies for busy professionals
- Clear explanation of your results in plain language

4. Digital Health Resources

- Digital Wellness Guide: Our exclusive "10 Steps to Better Health" e-book
- Health Tracking Planner: Tools to monitor your progress and maintain accountability

5. 30-Minute Follow-Up Consultation

- Review your comprehensive results
- Answer your questions
- Refine your personalized plan
- Discuss next steps for ongoing optimization

The Palm Health Difference

Early Detection and Prevention

Comprehensive assessments enable early identification of potential health issues before they become serious problems. Many patients discover subtle imbalances that explain symptoms they've experienced for years.



Personalized Approach

Unlike one-size-fits-all recommendations, our assessment provides individually tailored strategies based on your unique biochemistry, lifestyle, and goals.

Efficient Health Optimization

Save time and frustration by addressing the root causes of health concerns rather than just managing symptoms. Our approach helps you implement targeted changes for maximum impact.

Investment: \$297

Note: Laboratory costs are not included. We can help you utilize your insurance for labs, or we offer cash pricing options that may save you thousands compared to insurance billing.

What Our Patients Say

"After years of being told everything was 'normal' despite feeling exhausted, Palm Health's comprehensive assessment identified subtle thyroid imbalances that other providers missed. Following their personalized plan, I have more energy now than I've had in years."

Limited Availability

To ensure we provide the highest level of care, we only accept a limited number of new patients each month.

Take control of your health today.

Call (904) 206-7321 or visit www.mypalmhealth.com

This assessment does not establish a primary care relationship. Palm Health offers separate monthly primary care packages for ongoing care. We do not accept insurance for this program.

