



Our services.

The Icaria program is designed to give you the highest level of personal, integrated care possible – all at the forefront of longevity science.

Packages

TIER 1 (\$5,000)

Tier 1 introduces you to the first level of your Icaria health journey. It includes a 5-hour visit and deep, personalized engagement with Icaria's team of physicians and health care practitioners. The objective of this annual health maintenance visit is to fully understand your history and vitality goals. We perform proactive risk assessments and performance testing in order to establish a baseline of health status and plot a course to help improve your health and well-being.

TIER 1.5 (\$7,800)

Tier 1.5 includes all aspects of Tier 1, plus the Full Body MRI: Neuro, Body, Cardiac, and Prostate imaging, giving you an even deeper view into your health status.

TIER 2 (\$10,000)

Tier 2 includes a full day visit to Icaria's longevity center utilizing the most advanced screening tools available to identify risks of major diseases BEFORE symptoms are present. From full body MR imaging to advanced scanning of the heart, the Icaria team has created a new, proactive way to manage your health.



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Compare *packages.*

	TIER 1 \$5,000	TIER 1.5 \$7,800	TIER 2 \$10,000
All-inclusive Annual Visit	X	X	X
Comprehensive Lab Evaluation	70+ labs	70+ labs	90+ labs
Personal Client Suite and Concierge Coordinator	X	X	X
Pre-visit Virtual Consultation with Icaria Advanced Practice Provider			X
Genetic testing: Health Screen, Pharmacogenomics			X
MCED Testing			X
Consultation with ProMedica Physician: History and Goals Discussion	X	X	X
Physical Exam with ProMedica Physician: Body Composition (InBody 970), Baseline EKG, Hearing, Vision, and Pulmonary Function Screens	X	X	X
Comprehensive Diagnostic Imaging	X	X	X
Full Body MRI: Neuro, Body, Cardiac, Prostate (3 Tesla MRI)		X	X
CT or Coronary CTA with Calcium Scoring (512 slice CT)	X	X	X
DEXA Scan	X	X	X
Chest X-ray	X		
Echocardiogram			X
Mammogram	X		
Calcium Score (512 slice CT)			
Fitness Evaluation with Exercise Physiologist	X	X	X
Exercise Stress Test			
Personalized Fitness Recommendation	X	X	X
Customized Exercise Program			X
Forever Fit Personal Training Session, Private Pilates Reformer Session, or Fit-2-Golf Session (choose one)			X
All Access Membership to ProMedica ForeverFit			30-day
Nutrition Evaluation with Registered Dietitian	X	X	X
Clinical Coordination for Positive Findings	X	X	X
Acupuncture/Cupping/Supplement Evaluation/Massage	X	X	X
End of Day Results Review and Recommendations	X	X	X
End of Day Imaging Presentation			X
Post-visit Comprehensive Final Report and Action Plan			X
Post-visit Genetic Counseling Session			X
Post-visit Virtual or Phone Fitness Check-in			X
Post-visit Nutrition Follow-up Session			X
Post-visit Virtual Follow-up with Icaria Advanced Practice Provider			X

Packages outlined pertain to a first-year visit with Icaria. Subsequent year visits may be customized by our physician experts in order to optimize your unique health and wellness journey.