FirstLineTherapy™

Therapeutic Lifestyle Program

Program Steps

1. Testing

2. Consultation

- Review your test results
- Establish goals of your program
- Tailor the program to your individual needs
  - Diet, nutritional supplements, exercise, etc.
  - Receive FirstLine Therapy Patient Guidebook

3. Begin Program

4. Follow-up visit(s)

as needed for monitoring progress, answering your questions, and to ensure overall success

5. RETEST

in ____ weeks

When program goals are achieved

If program goals are not achieved

Return to Step 2

Maintenance Consultation

- A plan will be suggested to maintain health improvements that have been achieved

Re-evaluation

- In 6-12 months you should be retested to ensure that your health improvements are maintained