



365 | Health & Wellness, Inc.
www.iiivivhealth.com
Tel. 1-877-PLAN-365 or
1-877-752-6365

December 20, 2022

Dear Participant,

The Patient Protection and Affordable Care Act (PPACA) requires all health plan issuers and group health plans to provide eligible enrollees with a Summary of Benefits and Coverages (SBC). The SBC provides you information to better understand your plan and allows you to compare coverage options.

You are receiving this package due to one of the following plan coverage events that requires you to receive an SBC.

- Upon application for coverage
- Prior to any material of your plan coverage
- Prior to your plan renewal
- You are a special enrollee

If you are an Employer, you can find your group's SBC documents by logging into <http://iiivivhealth.com> and select "Summary of Benefits and Coverage" under the Resources menu.

For more information regarding this document, please visit <https://www.iiivivhealth.com/provider-solutions> or contact the Member Services number on the back of your ID card.

Sincerely yours,

Benjamin Mooney

Benjamin Mooney
Founder & President
365 | Health & Wellness, Inc.

Change in Healthcare and Insurance Standards

With all of the “new” changes in healthcare it is imperative to know and understand what is exactly included in your coverage and how to get the best help possible for achieving your wellness, health, and fitness goals today.

Obesity

Obesity is now considered a defined disease, a disease that currently plagues 69.7% of the total population of the United States of America. In the corporate environment known as “Corporate America” Obesity is crippling 85% of the total population. From 2010 to 2013 Obesity rates were down, however from 2014 to 2015 Obesity rates have increased again. Research shows it costs about \$1,429 more a year to treat an unhealthy individual as compared with a person at a healthy weight and composition. The average cost to rehabilitate an unhealthy individual is the same as a tobacco smoker, \$9,000-\$17,000 (sometimes over a ten (10) year term).

According to the CDC, conditions related to obesity include:

- Heart disease
- Type 2 diabetes
- Cancers of the endometrium, breast and colon
- High cholesterol
- High blood pressure
- Stroke
- Liver and gallbladder disease
- Sleep apnea
- Osteoarthritis
- Gynecological issues such as abnormal menses and infertility

Under the Act

The bad news is, under the Act, starting this year companies are allowed to increase the surcharges to employees with medical conditions to thirty percent (30%) of their health insurance premiums for an average charge of about \$1620 per year. In effect this allows companies to punish their employees for pre-existing conditions. Large increases in insurance premiums of up to \$5000 for a family of four which also results in un-insurance or switches to cheap but stingy high deductible insurance plans (with very high up-front payments of up to \$12,000 before medical care is covered).

The good news is under the new health care law, employers offer a variety of different options to patients, from working with registered dietitians and health coaches to group sessions with a professional teaching lifestyle changes, to a hotline with a Professional Health Counselor who answers questions.

Plans vary widely in what they will do. Some insurers are offering telephone counseling, others cover visits with a health coach, and some cover group sessions that offer lifestyle advice. Under the health care law, plans can have doctors do the weight-loss counseling or "use medically appropriate" alternatives to meet the requirement. The requirement is the population of the United States, being 320 million people. Insurance companies are also paying for memberships or offering discounts or reimbursements. Among those who are already obese, offer respectful long-term behavioral programs that reduce a few realistic pounds at a time, rather than fining those who fail to achieve what are nearly impossible goals.

The ACA includes regulations that set standards for insurance companies, some specified in the law, others subsequently established by the Secretary of Health and Human Services. Among these new standards are a ban on the ability to drop policyholders if they become sick, a ban on price discrimination on the basis of pre-existing conditions or gender through a partial community rating, and allowing children and dependents to remain on their parents' insurance plan until their 26th birthday.



365|Health & Fitness

- 365|Health & Fitness is a United States Federal Contractor in Preventative Healthcare Solutions
- One of the only healthcare providers compliant to the policies set forth by the P.P.A.C.A.
- The only comprehensive Lifestyle Solutions Program available on the globe that is compliant to the policies set forth by the P.P.A.C.A., featuring the Critical 6 components of optimal wellness, health, and fitness.
- Dozens of providers franchising, licensing, and throughout the United States every day.
- A Board of Directors and Officers committed to changing and revolutionizing healthcare across the globe.

The Milestones Solution (MS)

Milestones Solutions and Lifestyle Solutions Program

The Milestones Solution (MS) is a subscription based Solutions Program that delivers e-training, telephone counseling, and visits with a Professional Health Counselor/Coach that offers Lifestyle Solutions in weight-management, personal health management, fitness, and much more. A comprehensive Lifestyle Solutions program of skill-building in dietary and exercise habits under the guidance of a trained professional health coach, registered dietitian, or exercise specialist that achieves realistic goals, rather than failing to achieve what are nearly impossible goals.

The Lifestyle Solution (LS)

The Lifestyle Solution is a hybrid-wellness, nutrition, flexibility, cardio, core & total body resistance training program that simplifies all components of healthy living and delivers this Lifestyle in an easy to follow 28 week "plug and play" program to establish your desired Lifestyle! This Lifestyle Solution guide, tools, and coaching resources will walk you through every nuance of this simple science simplifying all the components of your daily, weekly, and annual Personal Wellness, Health and Fitness.

This twenty-eight week "plug and play" program establishes desired results. The Lifestyle Solutions' guide, tools, and coaching resources will deliver every nuance of this comprehensive solution simplifying the **Critical 6** components of your daily, weekly, and annual personal wellness, health and fitness.

Lifestyle Solutions **Critical 6**

- Balance Nutrient Consumption
- Corrective Exercise & Flexibility
- Functional Integrated Training
- Functional Core Training
- Progressive Cardio Training
- Simple Optimal Solution for Wellness

Lifestyle Solutions Program Includes:

- S.O.S. Wellness Solutions
- Balance Nutrient Consumption
- Flexibility Exercises
- Progressive Cardio Training
- Precision Core Training
- Functional Integrated Training
- LS365 Lifestyle Solutions Guide
- How to Succeed Coaching Videos

The Critical 6 Components

S.O.S. the Simple Optimal Solution module for wellness is a concrete approach to optimal detoxification, organ, and immune system wellness that is ideal for your daily, weekly, and annual optimal physical health for today and years to come.

B.N.C. the Balanced Nutrient Consumption program NEVER talks about calories, fat, or "points"! The primary focus of the LS365-BNC Solution is in the precise needs of your body's progress and goals. Balance Nutrient Consumption is a unique system that focuses on the solutions instead of the problems, overcoming nutrient deficiency and its related diseases permanently.

P.C.T. the Progressive Cardio Training module is a "get started now" systematic means of establishing effective cardiorespiratory health and complies with the respective parameters set forth by the American Heart Association.

FLEX-101 this systematic approach and practical application of proper flexibility and corrective exercise techniques provides you with optimal performance and development of all of your body's muscles.

F.C.T. the Functional Core Training module, consisting of four (4) core muscle development phases, delivers results that have proven to prevent future injuries in both life and fitness training, increase physical performance ability, and achieve positive physical adaptation week over week, month over month, and year after year.

F.I.T. the Functional Integrated Training strength and resistance training module complies with, and expounds upon, the parameters set forth by the top three most highly accredited national certification boards in Personal Fitness Training. Namely, the National Exercise and Sports Trainers Association (N.E.S.T.A.), the National Academy of Sports Medicine (N.A.S.M.), and the National Council on Strength and Fitness (N.C.S.F.). These seven (7) phases workout and resistance training module features built in safety and progression parameters that are easy to understand and execute effectively.

Health & Fitness Orientations (HFO)

Composition analysis and physical performance screenings are done every 2-4 weeks which helps detail the changes each individual needs in their customized training to reach their goals. Furthermore, through those Solutions, a timeline is made much more achievable. The capability of outlining health wellness success has never been made so easy!

Composition Analysis Screenings (CAS)

Through our programs, composition analysis is done every 2-4 weeks which helps detail the changes each individual needs in their customized training to reach their goals. Furthermore, through those Solutions, a timeline is made much more achievable. The capability of outlining health wellness success has never been made so easy!

Professional Health Counselors (PHC)

All of our Professional Health Counselors go through a Master's certification and licensing Program in turn providing a variety of specializations. We also work with Nutritionists, Registered Dieticians, Registered Nurses, Occupational Therapists, Behavioral Therapists, and more. We want to ensure you receive the best quality service!

Provider

365|Health & Fitness Inc. is a Manage Care Organization, Multi-Specialty Group National Provider in Specialty Health Counseling (Lifestyle Solutions), Behavioral Analysis, Nutrition/Nutrition Education, Physical Therapy, and Occupational Therapy, Neuromuscular Facilitation, Cardiorespiratory Development, and Functional Integrated Training. We provide results by means of our precise Lifestyle Solutions Program delivered by Professional Health Counselors. All of our Solutions Services are available online (World Wide Web) on-site, in-home, and telephonic. Group discount programs are available through our corporate wellness solutions, licensing, and franchise options. 365|Health & Fitness is presently expanding its current subscriber base in the United States of America, Rwanda, and China.

Our Purpose

365|Health & Fitness, Inc. is an exclusive Health and Fitness Company comprised of an elite staff of professional wellness, nutrition, health, and fitness Lifestyle Solutions counselors, therapists, coaches, and trainers all providing assistance in wellness, weight management, nutrition, rehabilitation, sports performance, personal training, and group exercise F.I.T. Camps.

Our refined Solution of achieving optimal wellness, health and fitness is called the Lifestyle Solutions Program. The Lifestyle Solutions Program features a number of specific formulas working synergistically that have been proven to achieve absolute predictable results in positive physical adaptation. In other words, proven to help you achieve your wellness, health, and fitness goals.

It is our intensive purpose to exploit the realistic, safety, and efficiency of the Lifestyle Solutions module throughout the globe. The Lifestyle Solutions Program is effectively ideal in achieving a healthy range of physical composition, increasing physical performance, and maintaining all of the bodies integrated systems for the longevity of ones' personal well-being. Originally developed and intended for its results in fields of rehabilitation and increased physical performance, this program has found use in both civil and military applications. The Lifestyle Solutions Program delivers consistent and concrete results. Today demand has required a public platform leveraging the Lifestyle Solutions Program to achieve their wellness, health, fitness, and Lifestyle goals.

The Milestones Solution and Lifestyle Solutions Program in compliance to the P.P.A.C.A.

“SEC. 2713. COVERAGE OF PREVENTIVE HEALTH SERVICES.

“(a) IN GENERAL.—A group health plan and a health insurance issuer offering group or individual health insurance coverage shall, at a minimum provide coverage for and shall not impose any cost sharing requirements for— “(1) evidence-based items or services that have in effect a rating of ‘A’ or ‘B’ in the current recommendations of the United States Preventive Services Task Force; “ (2) immunizations that have in effect a recommendation from the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention with respect to the individual involved; and “(3) with respect to infants, children, and adolescents, evidence-informed preventive care and screenings provided for in the comprehensive guidelines supported by the Health Resources and Services Administration. “ (4) with respect to women, such additional preventive care and screenings not described in paragraph (1) as provided for in comprehensive guidelines supported by the Health Resources and Services Administration for purposes of this paragraph. “(5) for the purposes of this Act, and for the purposes of any other provision of law, the current recommendations of the United States Preventive Service Task Force regarding breast cancer screening, mammography, and prevention shall

124 STAT. 132 PUBLIC LAW 111–148—MAR. 23, 2010

be considered the most current other than those issued in or around November 2009. Nothing in this subsection shall be construed to prohibit a plan or issuer from providing coverage for services in addition to those recommended by United States Preventive Services Task Force or to deny coverage for services that are not recommended by such Task Force.

“(b) INTERVAL.— “(1) IN GENERAL.—The Secretary shall establish a minimum interval between the date on which a recommendation described in subsection (a)(1) or (a)(2) or a guideline under subsection (a)(3) is issued and the plan year with respect to which the requirement described in subsection (a) is effective with respect to the service described in such recommendation or guideline. “(2) MINIMUM.—The interval described in paragraph (1) shall not be less than 1 year. “ (c) VALUE-BASED INSURANCE DESIGN.—The Secretary may develop guidelines to permit a group health plan and a health insurance issuer offering group or individual health insurance coverage to utilize value-based insurance designs.

SEC. 2717. ENSURING THE QUALITY OF CARE.

(a)(1) IN GENERAL.—

- (A) improve health outcomes through the implementation of activities such as quality reporting, effective case management, care coordination, chronic disease management, and preventative medication and care compliance initiatives, including through the use of the medical homes model as defined for purposes of section 3602 of the Patient Protection and Affordable Care Act, for treatment or services under the plan or coverage;
- (B) implement activities to prevent hospital readmissions through a comprehensive program for hospital discharge that includes patient-centered education and counseling, comprehensive discharge planning, and post discharge reinforcement by an appropriate health care professional;
- (C) implement activities to improve patient safety and reduce medical errors through the appropriate use of best clinical practices, evidence based medicine, and health information technology under the plan or coverage; and
- (D) implement wellness and health promotion activities.

(a)(2) REPORTING REQUIREMENTS.—

(b) WELLNESS AND PREVENTION PROGRAMS.—For purposes of subsection (a)(1)(D), wellness and health promotion activities may include personalized wellness and prevention services, which are coordinated, maintained or delivered by a health care provider, a wellness and prevention plan manager, or a health, wellness or prevention services organization that conducts health risk assessments or offers ongoing face-to-face, telephonic or web-based intervention efforts for each of the program’s participants, and which may include the following wellness and prevention efforts:

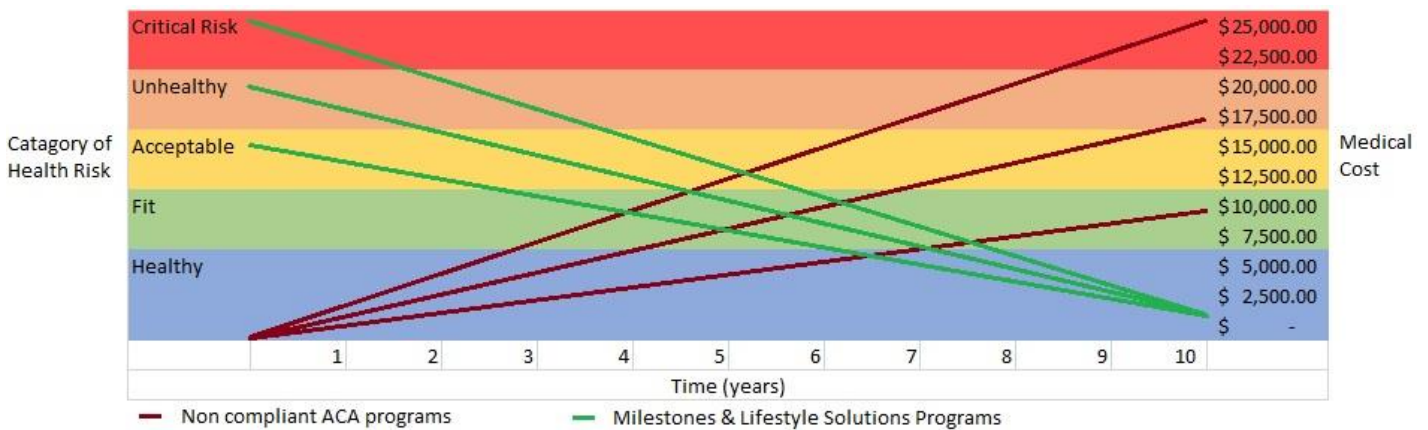
- (1) Smoking cessation.
- (2) Weight management.
- (3) Stress management.
- (4) Physical fitness.
- (5) Nutrition.
- (6) Heart disease prevention.
- (7) Healthy lifestyle support.
- (8) Diabetes prevention.

BRINGING DOWN THE COST OF HEALTH CARE COVERAGE

The average annual cost in extra medical expenses for an unhealthy individual in the United States is \$1,429. The annual cost per employee with Employee Wellness Solutions Sponsorship is \$1,346.74. Implementation of the Lifestyle Solution and Milestones Solutions Program saves the patient extra medical costs in the first year.

Patient Status and Qualified Health Solutions (QHS)						
Patient Status	Qualified Solutions Options	Enrollment + HFO	Cyclical Script Range	Script Annl Low	Script Annl High	Total Annl Script
Athlete						
W 14-20%	MI - MVII	\$308.04	\$79.90 - \$1081.44	\$1,038.70	\$14,058.72	\$1,346.74 - \$14,366.76
M 6-13%	MI - MVII	\$308.04	\$79.90 - \$1081.44	\$1,038.70	\$14,058.72	\$1,346.74 - \$14,366.76
Fit						
W 21-24%	MI - MVII	\$308.04	\$79.90 - \$1081.44	\$1,038.70	\$14,058.72	\$1,346.74 - \$14,366.76
M 14-17%	MI - MVII	\$308.04	\$79.90 - \$1081.44	\$1,038.70	\$14,058.72	\$1,346.74 - \$14,366.76
Acceptable						
W 25-31%	MI - MVII	\$308.04	\$79.90 - \$1081.44	\$1,038.70	\$14,058.72	\$1,346.74 - \$14,366.76
M 18-25%	MI - MVII	\$308.04	\$79.90 - \$1081.44	\$1,038.70	\$14,058.72	\$1,346.74 - \$14,366.76
Unhealthy						
W +32%	MIV - MVII	\$308.04	\$270.36 - \$1081.44	\$3,514.68	\$14,058.72	\$3,822.72 - \$14,366.76
M +26%	MIV - MVII	\$308.04	\$270.36 - \$1081.45	\$3,514.68	\$14,058.72	\$3,822.72 - \$14,366.76

Implementation of the Lifestyle Solution and Milestones Solutions Program saves the patient thousands of dollars in extra medical costs over the course of 10 years (as seen below).



Contact Us

To realize your Lifestyle, health and fitness goals visit us at www.iiivivfitness.com or <http://iiivivhealth.com>

MILESTONES SOLUTION DELIVERABLES

Following is a complete list of all program deliverables:

Deliverable	Description
1.0 Lifestyle Solutions Program (LS365)	Hybrid-wellness, nutrition, flexibility, cardio, core & total body resistance training program that simplifies all components of healthy living. This twenty-eight week "plug and play" program establishes your desired RESULTS.
2.0 VFIT-TV & VFIT-LIVE!	(on-line) offers virtual wellness, health, and fitness seminars, helpful "How To" shows, fitness classes and much, much, more. A total encompassing health channel exclusive to subscribers that offers lifestyle demonstrations and coaching for weight-management, personal health management, fitness, and a cohesively paired with the Lifestyle Solutions provider care programming being administered by your trained Professional Health Coach (PHC) in your Milestones or FIT Camp Solution.
3.0 Milestones Solution (MS)	Provides e-training, telephone counseling, and visits with a health coach that offers lifestyle advice for weight-management, personal health management, fitness, and a comprehensive Lifestyle Solutions program of skill-building in dietary and exercise habits under the guidance of a registered dietitian, a trained professional health coach, or exercise specialist that achieves realistic goals, rather than failing to achieve what are nearly impossible goals.
4.0 F.I.T. Camp (FC)	Enjoyable group fitness atmosphere with group motivation. Every four (4) weeks a new phase of the Functional Integrated Training (F.I.T.) module begins to assist in Participants progression through all of the seven (7) F.I.T. phases.
5.0 Jump Start Solution (JS)	Three (3) 50-minute consultations/coaching sessions designated to evaluate, analyze, and structure Participants Initial Lifestyle Solutions Program specifically.
6.0 Health & Fitness Orientation (HFO)	Composition and performance analysis is completed every 2-4 weeks to effectively detail program changes required for each individual's needs in their customized training to reach their goals.
7.0 Individual Provider License and Professional Health Counselor Certification (IPL PHC)	The IPL utility license and PHC certification consists of the installation, and education of the LS365 software solutions program and practical application certification curricula in professional healthcare (or health care) services and solutions for onsite group and individual patient care management.
8.0 Employee Wellness Solutions (EWS)	These are Employee Wellness Solutions developed to suit the specific needs of large group(s) of enrollees and participants occasionally also providing administrative support in recording and reporting.

PROGRAM DELIVERABLES

Following is a complete list of all program deliverables:

Deliverable	Description
9.0 Application – New Patient – Preventative services, Initial Evaluation	Measurements using point of care device (Ormrn), Office consultation for a new or established patient, which requires these 3 key components: A comprehensive history; A comprehensive examination; and Medical decision making of moderate complexity. Provider Terms & Disclosures (LS365), Counseling and/or Risk Intervention, LS365 Program (Installation)
10.0 Health Fitness Orientation (HFO)	Office Visit – Establish Patient, Examination – New Patient, Neuromuscular Facilitation Evaluation, Physician or other qualified health care professional services for outpatient cardiac rehabilitation; without continuous ECG (Cardio Performance Evaluation; per session), Core Strength & Performance (ROM) Evaluation, Education and Training for Self-management (1-on-1)
11.0 Wellness Orientation (Wellness)	Health and Behavior Intervention (1-on-1), Preventive Medicine counseling and/or risk factor reduction (individual 45mins), Education and Training for Self-management (1-on-1)
12.0 Nutrition Orientation (BNC)	Medical Nutrition Therapy; initial assessment and intervention (1-on-1 15 mins), Documentation of receipt of counseling on exercise and either both calcium and Vitamin D use or counseling regarding both calcium and vitamin D use, Education and Training for Self-management (1-on-1)
13.0 Muscular Extensibility Orientation (FLEX 101)	Therapeutic evaluation, Therapeutic re-evaluation, Therapeutic Exercise, Neuromuscular Re-education, Therapeutic Activity 1-on-1, Education and Training for Self-management (1-on-1)
14.0 Athletic Orientation (FIT)	Athletic Training Evaluation, Therapeutic Exercise, Therapeutic Activity 1-on-1, Education and Training for Self-management (1-on-1)
15.0 Health Fitness Re-Evaluation (also HFO)	Intake Form (PAR-Q), Measurements using point of care device (Ormrn), Office consultation for a new or established patient, which requires these 3 key components: A comprehensive history; A comprehensive examination; and Medical decision making of moderate complexity. Provider Terms & Disclosures (LS365), Counseling and/or Risk Intervention, Education and Training for Self-management (1-on-1)

TESTING DELIVERABLES

Following is a complete list of all program deliverables:

Deliverable	Description
PAR-Q	PAR-Q highlights any medical conditions or physical disabilities a client may need to speak to their Professional Health Counselor to take into consideration during the term of care.
PGX & GEN TEST	Pharmacogenetics testing shows how genes impact the body's response to specific medicines can impact how effective and safe a drug or medication can be for you.
BLOOD TEST	A scientific examination of a sample of blood, typically for the diagnosis of illness or for the detection and measurement of drugs or other substances.
FOOD SENSITIVITY TEST	Food sensitivity tests typically check how your immune system responds to different types of food.
ANS TEST	Autonomic testing, also known as autonomic reflex screen or autonomic response testing measures how the nervous system works to control blood pressure, heart rate and sweating.
RESTING METABOLIC ASSESSMENT	Resting metabolic rate testing shows how many calories your body burns at rest, giving you the data, you need to plan a weight loss, weight gain, or weight maintenance plan designed to succeed. We will measure the calories your body needs to sustain function while at rest.
ACTIVE METABOLIC ASSESSMENT	Active metabolic rate testing measures exactly how much oxygen you consume, and how much carbon dioxide you expire as you exercise at varying intensities to determine how many calories, and how much carbohydrates and fat you burn.
NEUROSCAN TEST	A neurological examination assesses motor and sensory skills, hearing and speech, vision, coordination, and balance. It may also test mental status, mood, and behavior.
PHYSICAL PERFORMANCE TEST © 365 HEALTH	PPT assesses multiple domains of physical function using observed performance of tasks that stimulate activities of daily living of various degree of difficulty.

HFO DELIVERABLE SOLUTIONS

Following is a complete list of all program deliverables:

Milestones Solutions Session Detail

MS I Basic Lifestyle offers only base HFOs.

	HFO	Wellness	BNC	FLEX101	PCT	FIT	Total	Cost (\$)
Per Service Cycle	N/A	N/A	N/A	N/A	N/A	N/A	N/A	151.35
Annualized	3	1	1	1	1	1	8	1,816.19

MS III Premier Lifestyle offers HFOs every 3 service cycles (12 weeks) for 1 year.

	HFO	Wellness	BNC	FLEX101	PCT	FIT	Total	Cost (\$)
Per Service Cycle	0.33	N/A	N/A	N/A	N/A	N/A	N/A	264.16
Annualized	6	1	1	1	1	1	11	3,169.92

MS IV Premier Plus Lifestyle offers HFOs every service cycle (4 weeks) for 1 year.

	HFO	Wellness	BNC	FLEX101	PCT	FIT	Total	Cost (\$)
Per Service Cycle	1	N/A	N/A	N/A	N/A	N/A	N/A	410.62
Annualized	15	1	1	1	1	1	19	4,927.44

*All programs include an initial Health and Fitness Orientation (HFO) and an end-of-year HFO. Annualizing Pricing includes \$199.90 Enrollment (one-time payment) and all fees associated with sessions serviced per each service cycle. Each services cycle is twenty-eight (28) days or four (4) weeks.

MILESTONES SOLUTION DELIVERABLES

Following is a complete list of all program deliverables:

MSIV Platinum Exclusive Lifestyle offers HFOs every service cycle (4 weeks) and the core wellness module (FIT, PCT, FLEX101, BNC) in the middle of each service cycle

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	4	4	4	4	32

MSIV Platinum Exclusive Wellness Similar to the Platinum Exclusive Lifestyle, Platinum Exclusive Wellness replaces the FIT modules with the Wellness Orientation module

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	4	4	4	4	N/A	31

MSIV Platinum Exclusive Athlete offers HFOs every service cycle (4 weeks) with Athletic Training in the middle of each service cycle

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	1	1	1	N/A	19

MSV Premier Lifestyle offers HFOs every service cycle (4 weeks) and the core wellness module every week of the service cycle

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	14	14	14	14	72

MSV Premier Wellness similar to the Premier Lifestyle, Premier Wellness replaces the FIT modules with the Wellness Orientation module

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	14	14	14	14	N/A	71

MSV Premier Athlete offers HFOs every service cycle (4 weeks) with Athletic Training every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	1	1	1	53	71

MSVI Exclusive Lifestyle offers HFOs every service cycle (4 weeks) with a core wellness module (FIT, PCT, FLEX 101, BNC) and athletic training session every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	14	14	14	52	110

MSVI Exclusive Wellness similar to the Exclusive Lifestyle, Exclusive Wellness replaces the FIT modules with the Wellness Orientation module

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	28	27	27	27	27	1	111

MSVI Exclusive Athlete offers HFOs every service cycle (4 weeks) with 2 athletic training sessions every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	1	1	1	104	123

MSVII Platinum Lifestyle offers HFOs every service cycle (4 weeks) with a core wellness module and 2 athletic training sessions every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	14	14	14	104	162

MSVII Platinum Wellness similar to the Platinum Lifestyle, Platinum Wellness replaces the FIT modules with the Wellness Orientation Module

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	54	53	53	53	1	1	163

MSVII Platinum Athlete offers HFOs every service cycle (4 weeks) with 3 athletic training sessions every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	1	1	1	155	174

MSVIII Platinum Exclusive Lifestyle offers HFOs every service cycle (4 weeks) with a core wellness module and 3 athletic training sessions every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	54	1	53	53	53	155	369

MSVIII Platinum Exclusive Wellness similar to the Platinum Exclusive Lifestyle, Platinum Exclusive Wellness replaces the FIT modules with the Health and Behavior module

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	54	53	53	53	53	1	369

MSVIII Platinum Exclusive Athlete offers HFOs every service cycle (4 weeks) with 4 athletic training sessions every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	1	1	1	206	225

MSIII.VI.V. offers HFOs every service cycle and alternating athletic and PCT sessions every day for the entire year of programming

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	N/A	N/A	N/A	168	180	363

STANDARD OF CARE DELIVERABLES

Following is a complete list of all program deliverables:

Code	Procedure	Cost (USD)
93797	Physician or other qualified health care professional services for outpatient cardiac rehabilitation; without continuous ECG (Cardio Performance Evaluation; per session)	16.47
95831	Core Strength & Performance (ROM) Evaluation	30.79
96150	Application – New Patient – Preventative services, Initial Evaluation	21.84
96152	Health and Behavior Intervention (1-on-1)	20.05
97002	Therapeutic re-evaluation	42.25
97002	Therapeutic evaluation	75.91
97005	Athletic Training Evaluation	80.00
97110	Therapeutic Exercise	32.58
97112	Neuromuscular Facilitation Evaluation	34.01
97530	Therapeutic Activity 1-on-1	35.09
97535	LS365 Program (Installation)	199.90
97750	Measurements using point of care device (Ormron)	33.30
97802	Medical Nutrition Therapy; initial assessment and intervention (1-on-1 15 mins)	35.09
97803	Medical Nutrition Therapy; re-assessment and intervention (1-on-1 15 mins)	30.43
98960	Education and Training for Self-management (1-on-1)	35.45
99201	Examination – New Patient	44.04
99211	Office Visit – Establish Patient	20.05
99244	Office consultation for a new or established patient, which requires these 3 key components: A comprehensive history; A comprehensive examination; and Medical decision making of moderate complexity. Provider Terms & Disclosures (LS365)	184.75
99391	Periodic Re-evaluation	99.81
99401	Counseling and/or Risk Intervention	36.52
99403	Preventive Medicine counseling and/or risk factor reduction (individual 45mins)	87.00
99420	Intake Form (PAR-Q)	11.10
4019F	Documentation of receipt of counseling on exercise and either both calcium and Vitamin D use or counseling regarding both calcium and vitamin D use	25.00

TIMELINE FOR EXECUTION

Key program dates are outlined below. Dates are best-guess estimates and are subject to change until a contract is executed.

Description	Start Date	End Date	Duration
Open Enrollment–Employer/Organization Enrollment	November 1, 2022	December 31, 2022	61 Days
Open Enrollment–Individual Program Selection	November 1, 2022	January 31, 2023	92 Days
Lifestyle Solutions – Installation Distribution	November 1, 2022	January 31, 2023	92 Days
Health & Fitness Orientation	November 1, 2022	March 31, 2023	151 Days
Milestones Solutions	January 1, 2023	March 31, 2023	90 Days
F.I.T. Camp Solutions	January 1, 2023	March 31, 2023	90 Days
1 st Quarter Compliance Review	April 1, 2023	April 30, 2023	30 Days
2 nd Quarter Compliance Review	July 1, 2023	July 30, 2023	30 Days
3 rd Quarter Compliance Review	October 1, 2023	October 30, 2023	30 Days
4 th Quarter Compliance Review	January 1, 2024	January 30, 2024	30 Days
Long-Term Compliance Review	January 1, 2024	No End Date	No End Date

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