



Eva Henry, M.D.
10111 E 21st St N Suite 105
Wichita KS 67206
316-260-5001
evahenryclinic@gmail.com

STAY SHARP! PACKAGE

Who is this package for?

This special 6-month brain boosting treatment package is for individuals seeking to improve and/or optimize their overall brain function, OR for those with a current cognitive decline wishing to implement Dr. Henry's approach to halt or reverse the decline in a complete, personalized program to revitalize their health.

What are the aims of this Stay Sharp! Package?

1. **To identify the underlying causes of cognitive decline, fatigue and weight gain.** This is done through all the recommended test markers in the Bredensen ReCODE program, which has proven worldwide to reverse Alzheimer's Dementia. All the key factors known to increase your risk for dementia will be tested in this comprehensive dementia prevention package.
2. **This package is also ideal for those in relative good brain function** who wish to improve their overall mental power and energy.
2. To ensure you understand the real reasons behind your symptoms, so you can **take control of and improve your focus, sleep, stamina, mood and efficiency.**
3. To design a long-term hormone and brain-based supplements that will help you stay on your top games, by **optimizing hormones, support sound sleep, balance your mood, fat loss/control, energize your mind**, and ultimately maintain your vitality and promote longevity.

What Is Included in this Package?

Complete Cognitive Assessments.

- Brain Mapping with eVoke Quantitative Electroencephalogram (QEEG). (List price \$750, Stay Sharp package **\$629**). To find out more about this test check out [AgeWellBrainCenter.com/services/Cognitive enhancement](http://AgeWellBrainCenter.com/services/Cognitive%20enhancement).
- Brain MRI (1.5T) scan (Cash: \$2,000 to \$2200, insurance \$850 to \$1,300, AgeWell client cost: **\$650** – you save several hundred dollars because Dr. Henry has obtained special negotiated cash rate and will read your scan thus eliminating the radiologist's fee
- Comprehensive 10-hormone panel: Progesterone, Testosterone, Estrone, Estradiol, Estriol, 4 timed-salivary cortisol, DHEA. (List price: \$450, AgeWell cost \$425, Stay Sharp package **\$369**)
- Neurotransmitter panel: Serotonin, GABA, Dopamine, Norepinephrine, Epinephrine, Glutamate (List price: \$240, AgeWell cost \$200, Stay Sharp package cost **\$121**)
- Cognitive Lab Panel consists of over 40 markers including your basic metabolic profile, thyroid, lipid & adrenal panel, complete nutritional analysis including Omega 3/6, CoQ10, Homocysteine, growth hormone levels, vitamins levels and markers for inflammation and fat gain (QuestLab cost \$5,297.92, AgeWell cost \$1,405, StaySharp package **\$559**)
- Genetic tests for APOE4 and MTHFR, two of the most critical genetic risk factors for dementia (QuestLab Cash cost \$530.44, Aetna insurance \$319.50, Stay Sharp package cost **\$149**)

Some of basic lab work may be done through your doctor using insurance but most are special requests that are not offered through traditional stations like Lab Corp or QuestLab (and very pricy through insurance – you can ask for a list of cash pricing or insurance contractual costs). For example, Thyroid Stimulating Hormone (TSH) cash cost at QuestLab is \$130.46, \$compared to \$10 at AgeWell; CoQ10 is \$178.85 at QuestLab, compared to \$95; Testosterone at QuestLab is \$141.73, BCBS is \$82, compared to AgeWell at \$40.

The total cost of **Complete Cognitive Assessment** through Stay Sharp package is **\$2,477** – that is over \$2,000 to \$3,500 savings.

Consultations (6) – a \$1,200 value

You will have SIX private sessions with Dr. Henry, spread out over a 6-month period. These include:

- ONE initial 60-minute consultation to discuss your condition and arrange for your testing to be done.
- ONE 60-minute session to go through the tests and design your treatment plan.
- FOUR 30-minute sessions to assess progress, adjust regimens and address other issues that may arise.

Patients are responsible for scheduling all consultations and follow-ups. We recommend scheduling well in advance to ensure availability at your preferred time. * A-La-Cart consultation fee with Dr. Henry is \$300/hour.



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3 MONTHS of SUPPLEMENTS, NUTRIENTS

This package includes all the supplements and hormones you need for the first 3 months – a total retail value of \$1,650.

Each month you will receive the 5 most important brain-based nutraceutical grade supplements (Opti-Brain Pac):

- Brain Turbo (mitochondrial support and amino acids precursors for neurotransmitters) 4/day
- Cogniquil (medical grade amino acids for stress relief) 2/day
- OmegaPure DHA (EPA/DHA as mercury-free omegas in the ideal 3 to 2 ratio) 1/day
- ProBioMax DF (20 billion CFU probiotics) 1/day
- K2/D3 10,000 IU 1/day
- ActiveNutrients 2/day or in powdered fruity drinks

After the first 3 months the cost for these supplements is \$310/month.

3 months of Bio-Identical Hormones (Anti-aging DEPOT regimen customized for your needs) – retail value of up to \$720

- DHEA
- Estradiol/Estriol
- Progesterone
- Oxytocin
- Testosterone

The costs for individual optimal doses of hormones are different from person to person. On average, they cost up to \$205/month for women and \$240/month for men due to the higher costs for testosterone in general. HCG for fat loss and triblend peptide injections for growth hormone enhancement are not included in this package as the dosage varies greatly depending upon your lab results, your current conditions and physical goals.

Why is a Treatment ‘Package’ better than ‘a la Carte’?

This package costs significantly less than the same treatment ‘a la carte’. What’s more, individuals who commit to a 6-month package have far better results.

How Much Does this Package Cost?

The total cost of this 6-month Stay Sharp Package is **\$5,000 (\$9,000 for a couple)**. You may opt to pay in two installments: \$3,500 (\$8,000 couple rate) upon your first visit, and the balance of \$1,500 (\$1,000) at the beginning of month 2.

Note: Much of this fee is to cover the cost of the Complete Cognitive Assessment tests you will be taking. If you have already had a brain scan, genetic profile, or you have recently had any other tests listed above, you will not necessarily need to do them again, and the cost of your package will be reduced accordingly.

This Stay Sharp package gives you **\$643** in savings over ‘a la carte’ pricing for the same services.

STAY SHARP LONGEVITY PLUS PACKAGE

StaySharp Longevity Plus package include everything listed above in the **StaySharp** package. Additionally, you receive:

- 10 sessions of 4D SLORETA Neurofeedback brain training (\$500)
- 9 additional months of brain-based supplements (\$2,790)
- 9 additional months of all DEPOT bio-identical hormones (\$1,845 - \$2,160)
- 12 months of monthly LipoBoost/Athletic Pro injections (\$300)
- 50% off HCG fat loss program or TriBlends peptides injections for Growth hormone enhancement

Additional Support/Perks

This package also includes email support (during office hours only), where you can email brief questions in between your consultation sessions, plus after hour and weekend options to contact or meet with Dr. Henry.

The total cost of this premier anti-aging program is **\$8,900(\$17,000/couple)**. This gives you \$2,923 in savings over ‘a la carte’ costs over a year.