

Overweight & obesity is America's #1 health and quality of life crisis.

Cut through the myths around weight loss

Address the key drivers causing you to hold on to excess weight

Keep it off by learning "biohacks" that will help you maintain an ideal body composition

Lose the weight you hate:

1

Assess

Uncover your root causes by taking a closer look at your unique biochemistry, vulnerabilities, inflammation, deficiencies, imbalances, and history.

Comprehensive assessments

Analyze assessment results

2

Set goals

We'll personalize a plan that address the root causes of your extra weight.

Define your desired results

Get a personalized plan

Discuss care plan & protocols

3

Track progress

Our clinicians and health coaches will work closely with you to help you achieve your goals within 24 months.

Direct access to team

Lifestyle education & coaching

Curated research & educational resources

Book a consultation:

www.cruxpoint.com/biohack-bodyfat

What's included:

The Cruxpoint BioHack Your BodyFat Program is a customized, 24-month heart health program built upon your comprehensive assessments, lab results, and other measures.

Vascular health assessment using AtCor medical device*

Body composition analysis on InBody device*

Goldenson Healthy Life Expectancy assessment

ABSI body composition & mortality risk index

GRIP strength & balance assessments*

*Available only in Colorado at this time

Personalized support from Cruxpoint clinicians & coaches

Customized protocols for nutrition, fitness, sleep, & stress

Lifestyle education and coaching on reducing disease risk

Access to self-paced learning on digital platform

Continuous monitoring of progress

At Cruxpoint, we simplify the overwhelming (and often lagging) landscape of health and vitality information by curating the latest research for your specific circumstances. Our goal is to empower you with knowledge and give you control! You'll have direct access (phone, email, text) to your Cruxpoint care team for support at every step in your journey. **Watch program video** →



Pricing:

PHASE 1 / ASSESS

- Intake
- Comprehensive labs & assessments
- Results Consultation

~ \$2500

PHASE 2 / TRACK PROGRESS

- 24 months of the guided program, including all components above**

\$250/mo. for 24 months

***Discounts apply – see below

Enterprise pricing available for corporations & member-based organizations.

CONTACT: gvkoyen@cruxpoint.com

**Not included: Medications, supplements, medical procedures, any additional labs or scans, and outside and referred medical services.

***Paid-in-full discounts: Save 10% by paying with check up front (\$5400 = save \$600), or 5% when paying with a credit card (\$5700 = save \$300).

****Insurance coverage: We do not bill insurance, and insurance generally does not cover our services. However, our services are generally eligible for HSA funds.