

HOW IT WORKS

A simple, guided process designed around you.

1



SCHEDULE YOUR BLUEPRINT

Schedule your Blueprint visit. You'll receive your comprehensive paperwork and lab order by email.

Complete your paperwork before your visit.

2



COMPLETE YOUR LAB WORK

Schedule your lab draw using the order provided. You'll receive instructions for preparing for your specific testing, including fasting requirements and, when applicable, timing based on your menstrual cycle or hormone therapy.

3



MEET WITH YOUR PROVIDER

Meet one-on-one by secure video visit to review your results and create your plan.

You'll receive:

- ✓ Your Wellness Report PDF to keep
- ✓ Your personalized Blueprint with recommendations
- ✓ A customized supplement protocol (when appropriate)
- ✓ Treatment recommendations based on your needs & goals

4



CHOOSE YOUR NEXT STEP

We'll discuss the Bluegrass Signature Program options available to you and recommend the level of care and support that best fits your needs.

Program recommendations, options, and pricing are reviewed during your Blueprint visit.

Your plan is built around you.

5



BEGIN YOUR PROGRAM

Once you've selected your program, it's time to put your Blueprint into action.

You'll begin your personalized plan with the nutrition, lifestyle, supplements, medications (when appropriate), education, monitoring, and provider support included in your program.

PREPARE

DISCOVER

PERSONALIZE

BEGIN



YOUR BLUEPRINT GIVES US THE DIRECTION.
YOUR PROGRAM IS WHERE WE PUT THE PLAN INTO ACTION.