



PHOENIX ONE
HEALTH SOLUTIONS



ENVISIONING

THE FUTURE OF HEALTH CARE

Phoenix One Health Solutions is proud to bring you the Body Comp Biometric Program. This program specializes in Advance Chronic Care Management – the design to improve the health and quality of life of individuals. We drive our solutions to fit the patient achieve the desired level of fitness and help step towards leading a healthier lifestyle

A Personalized Nutrition & Fitness Program Designed Just for You

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If Chronic Conditions Affect You, Let Us Help

We specialize in remote patient monitoring. Our CCM program is designed to improve health and quality of life of individuals with two or more chronic conditions. We will non-invasively monitor your biometrics and systems, customize a “Body Comp” Nutrition Program, develop an exercise prescription by Phoenix One Health Solutions, and empower you through clinical guidance, coordination and education to manage your conditions.



- Gym Membership
- Exercise Classes
- Group Personal Training
- Fitness Level Monitoring
- Custom Nutrition Programming
- Biometric Testing

PARTICIPATING IS SIMPLE

- Complete all medical documentation
- Have your PCP fill out the Physician order form
- Scan, email or fax it to our medical staff for verification
- We will get you started into the Body Comp Biometric Program
- Cash-Pay Option is available

Patients Responsibilities to Reserve Your Slot

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| • Biometric Testing | Quarterly |
| • Regular Supervised Exercise Sessions | Monthly |
| • Body Composition Testing | Monthly |
| • Custom Nutrition Programming | Monthly |



Ask Us About Our Free Corporate Health and Wellness Program