

LONGEVITY & HEALTHSPAN PROGRAM

The Thrive Longevity Blueprint

A 12-week, physician-led program to protect healthspan, the years you stay strong, sharp, and capable, built around your own biology with Dr. Mohammadi.

Proactive

Built for people who are not sick, but not thriving either.

Root-cause

Your plan is built from your real data, not a template.

Physician-led

Five visits with a dual board-certified doctor.

Five pillars of healthspan

1

Cellular energy

Support the energy factories behind daily energy and focus.

2

Phytonutrient diversity

Widen the range of protective plant compounds you eat.

3

Sleep & restoration

Protect the deep sleep tied to long-term brain health.

4

Stress physiology

Build a restoration practice you will actually keep.

5

Movement as medicine

Train in a way that changes energy metabolism and mood.

Your 12-week arc, five visits with Dr. Mohammadi

Week 0 **120 min** **Comprehensive intake.** Full history across all five pillars, symptom and lifestyle audit, body composition, baseline labs ordered, and your goals defined.

Week 4 **60 min** **Review.** Your results explained in plain language, root-cause patterns identified, and your personalized plan built.

Week 6 **30 min** **Optimization.** An early check-in to troubleshoot barriers and adjust to how you are responding.

Week 8 **30 min** **Performance.** Track trends in energy, focus, and physical performance, and address any plateaus.

Week 12 **30 min** **Roadmap.** Deliver your forward-looking longevity roadmap and map out ongoing care.

What you walk away with

- ✓ A written, personalized longevity roadmap across nutrition, sleep, stress, and movement.
- ✓ An ongoing relationship with a dual board-certified physician to keep refining it.

COMPLETE 12-WEEK PROGRAM

\$1,997

Labs and supplements are billed separately.

Who it is for

Health-conscious adults roughly 30 to 64 who are not acutely sick but know they are not at their real baseline. Proactive optimization, not urgent or acute care.

How to start

Begin with a **free 15-minute Meet and Greet**, a no-pressure call to see if the Blueprint is right for you.

thrivewellnessmd.care/book.html

(602) 345-0323 · Drmohammadi@thrivewellnessmd.care