

THRIVE LONGEVITY PROTOCOL

12-Week Personalized Longevity Program
Exclusively for Indiana Residents (Virtual Care)

The 12-week Thrive Longevity Protocol is designed to optimize your energy, metabolism, performance, and overall well-being through a personalized, medically guided approach under the care of Dr. Yousef Mohammadi. Diagnostics and therapeutics are not included in the program fee and are purchased separately based on your personalized needs.

What's Included in the 12-Week Program

Five Personalized Medical Visits (Telemedicine)

- **Week 0 — Deep Longevity Intake (120 minutes)**

Comprehensive evaluation, lifestyle mapping, and ordering recommended diagnostics.

- **Week 4 — Longevity Blueprint Review (60 minutes)**

Full diagnostic review and delivery of your personalized longevity plan.

- **Week 6 — Optimization Check-In (30 minutes)**

Adjustments, troubleshooting, sleep/HRV optimization.

- **Week 8 — Performance Upgrade Visit (30 minutes)**

Metabolic and recovery review, hormonal and advanced therapeutics considerations.

- **Week 12 — Longevity Roadmap Session (30 minutes)**

Final assessment and personalized long-term roadmap.

Program Support

Messaging is available for program-related questions (Dr. Mohammadi will do his best to respond to Patient Portal messages within 2–3 business days).

Program Fee

\$1,997 — Includes all doctor visits, medical oversight, protocol design, and your long-term Longevity Roadmap.

Your Transformation

You will receive a personalized roadmap addressing nutrition, exercise, sleep, stress, gut health, inflammation, and supplementation strategies for long-term longevity.

Ready to Begin?

Visit ThriveWellnessMD.care to enroll or schedule your first appointment.