



ABOUT MARQUE HEALTHSTAR

Marque HealthStar is a physician-directed weight loss, nutrition, and exercise program unlike anything else out there. The program was developed by a Marque Physician, Dr. Sean Penwell, a leading authority on digital health and preventive medicine. Dr. Penwell has spent years developing a program that actually works by providing an innovative solution that allows for ultra-personalized fitness tips and recommendations.

- Reach Fitness Goals Faster
- Proactively Prevent Disease
- Achieve Optimal Health

This innovative precision health program uses lab data and biomarkers, which are found in blood and tissues, to create precise recommendations and to monitor your progress. You'll get physician-based guidance to actively manage your own health daily.

Marque HealthStar is unique because it goes well beyond traditional nutrition and weight-loss programs. Unlike other medically-guided wellness programs that are expensive, dull, and never-ending, Marque HealthStar combines physician medical guidance with interactive progress reporting, exciting videos and content, and support forums to foster progress and encourage results fast. It's high-tech and hi-touch. And at plans starting at just \$49 per month, it's one of the most affordable things you can do to optimize your health.



LOCATIONS

Orange County

ALISO VIEJO
26831 Aliso Creek Road, Suite 200

BUENA PARK
8970 Knott Avenue

MISSION VIEJO
25482 Marguerite Parkway, Suite 101

NEWPORT BEACH
2075 San Joaquin Hills Road

RANCHO SANTA MARGARITA
22461 Antonio Parkway, Suite 135

San Diego

EASTLAKE - CHULA VISTA
2315 Otay Lakes Road, Suite 306

GROSSMONT - LA MESA
6136 Lake Murray Blvd.

PACIFIC BEACH
4490 Fanuel Street

UNIVERSITY TOWN CENTER - SAN DIEGO
4085 Governor Drive

1-877-MY-DOC-NOW (693-6266) x 1124

MarqueMedical.com/HealthStar

HealthStar@MarqueMedical.com



7am - 10pm

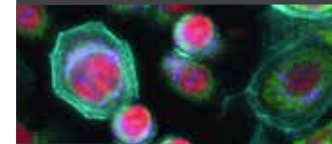
MOST DAYS and LOCATIONS

MARQUE HEALTHSTAR

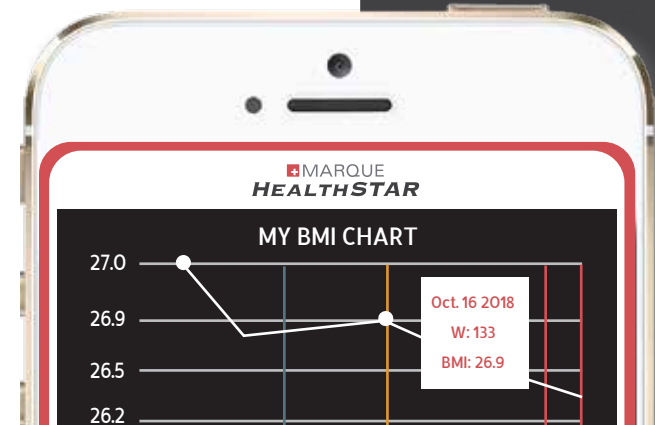
WEIGHT LOSS,
FITNESS,
and NUTRITION
PROGRAM



ACHIEVE
OPTIMUM
HEALTH using
BIOMARKERS

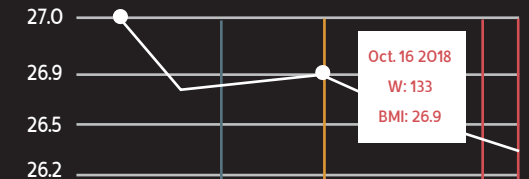


MEDICALLY
GUIDED,
HI-TECH, and
AFFORDABLE



MARQUE HEALTHSTAR

MY BMI CHART





SILVER \$49 per month*

An affordable way to hit your fitness goals with the guidance of Marque HealthStar physicians.

1st Day: Initial visit is an in-clinic appointment to gather vitals, biometrics, and conduct a lab draw.

4th Day: Receive your detailed health report and begin daily customized plan recommendations.

Week 4: 1st virtual clinic follow-up visit with your Marque HealthStar physician via the HealthStar app.

Week 12: 2nd in-clinic visit for weigh-in and biometrics recheck.

Week 24: 3rd and last in-clinic visit for weigh-in, biometrics recheck, lab re-draw (only if needed), and physician review of your results.

SIMPLE STEPS TO GET STARTED

Come into any Marque location for your initial visit. No appointment needed. Initial visit typically takes 15 minutes.

1. Use the website MarqueMedical.com/HealthStar to sign up and create your profile.
2. Choose your plan: Lose Weight, Get Lean, or Add Lean Muscle Mass.
3. Walk in to any Marque clinic for your biometric screening and lab draw. You can also schedule a reservation on our website by selecting HealthStar in the Check-In section.
4. Receive your detailed health report within 72 hours of testing. All reports are prepared and reviewed by Marque HealthStar physicians before being sent to you.
5. Start receiving daily personalized recommendations.
6. Schedule your first virtual encounter with a Marque HealthStar physician using the Marque HealthStar app.

**An initial fee of \$79 is due at first visit for the screening and lab work. Monthly plan charges begin 30 days after sign-up.*



MARQUE HEALTHSTAR

Test results are used by your Marque HealthStar physicians to create ultra personalized fitness, nutrition, and exercise recommendations that are tailored to your specific biomarkers. A visit to a Marque clinic is only required for check-ins and additional labs if necessary.

PLATINUM \$99 per month*

For those that want more physician involvement and testing to achieve their fitness goals.

1st Day: Initial visit is an in-clinic appointment to gather vitals, biometrics, and conduct a lab draw.

4th Day: Receive your detailed health report and begin daily customized plan recommendations.

Week 4: 1st virtual clinic follow-up visit with your Marque HealthStar physician via the HealthStar app.

Week 8: 2nd virtual clinic follow-up visit with your Marque HealthStar physician.

Week 12: 2nd in-clinic visit for weigh-in, biometrics recheck, and lab redraw if recommended.

Week 16: 3rd virtual clinic follow-up visit with your Marque HealthStar physician.

Week 20: 4th virtual clinic follow-up visit with your Marque HealthStar physician.

Week 24: 3rd and last in-clinic visit for weigh-in, biometrics recheck, lab re-draw if needed, and physician review of your results.

Any additional virtual visits with your physician for Platinum members is only \$49 each.

