

# MARQUE HEALTHSTAR

A physician-directed weight loss, nutrition, and exercise program unlike anything else. We use biomarkers, which are found in blood and tissues, to create precise recommendations and to monitor your progress.



## BIOMARKER-DRIVEN

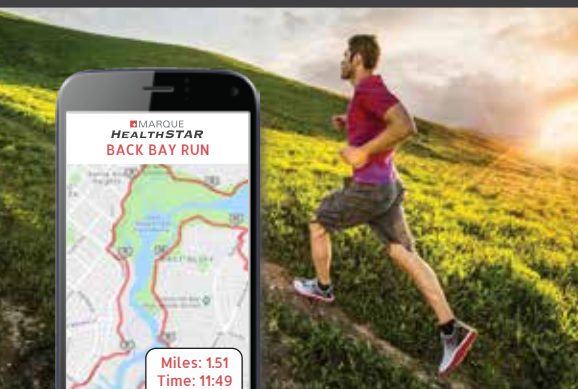
Fitness Recommendations Based on Your Unique Biology:

- Understand your health risk factors
- Reach fitness goals faster
- Achieve optimal health

## HOW IT WORKS

3 Easy Steps to Get Started:

1. Undergo testing (under 15 mins)
2. Start receiving daily personalized recommendations based on your unique biology and goal type
3. Schedule a visit with a Marque HealthStar physician



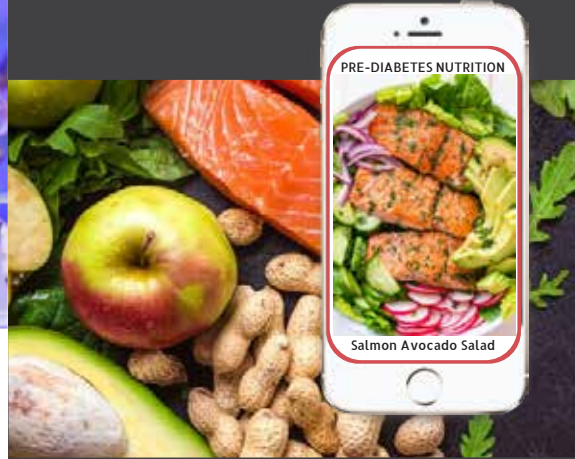
## PERSONALIZED NUTRITION PROGRAM

Customer-Specific Diets

Vegetarian, vegan, pescatarian, paleo

Biomarker-based diets

Disease-specific states



## PERSONALIZED EXERCISE PROGRAM

Multiple Goal Types to Choose from:

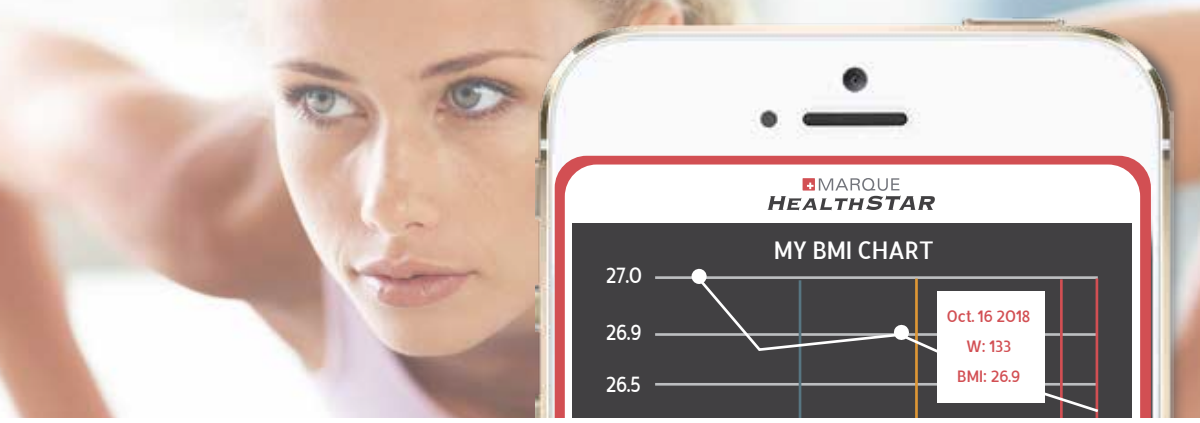
1. Lose weight
2. Get lean (lower body fat percentage)
3. Add lean muscle mass



## TWO TIERS

**Silver** \$49/month - Customized 6-month program with initial lab testing, biometrics, 2 physician consultations, and 3 in-clinic visits.

**Platinum** \$99/month - Silver plan plus 4 physician consultations and additional lab work included.



## MARQUE HEALTHSTAR


Built by expert physicians using the latest research, Marque Healthstar allows you to proactively prevent disease and achieve optimal health based on your unique biology. As part of the Marque Healthstar program you will undergo testing for:

- High Cholesterol
- Anemia
- Kidney Health & Function
- Protein Levels
- Prediabetes & Diabetes
- Hypertension
- Liver Health & Function
- Electrolytes

A detailed health report will be sent to you within 72 hours of testing including cardiovascular risk scores. 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. You will have a live conversation with your HealthStar doctor every 1-2 months via the Marque HealthStar phone app, which is convenient and saves you time.

Comprehensive labs are included such as: **Lipid Panel, A1c, Comprehensive Metabolic Panel, and Complete Blood Count.** Biometrics include: **Blood pressure, Resting Heart Rate, Pulse Oximetry, BMI.**


Your Physician  
Sean Penwell, M.D.



- ★ DASHBOARD
- ☰ RECOMMENDATIONS
- 📊 BIOMARKERS
- 🏠 VIRTUAL CLINIC
- 👥 FRIENDS

THIS WEEK


✓



✓

VIRTUAL CLINIC VISIT  
RECOMMENDED


✓



✓

PREDIABETES NUTRITION -  
lean proteins

✓



✓

STRENGTH TRAINING -  
body weight exercises level ONE

### 3 EASY STEPS TO SIGN UP

1. Go to [MarqueMedical.com/HealthStar](https://MarqueMedical.com/HealthStar)
2. Sign up and create a profile
3. Pick the plan that is right for you

OR

Speak with a Marque doctor or staff member  
 1-877-MY-DOC-NOW (693-6266) x 1124  
[HealthStar@MarqueMedical.com](mailto:HealthStar@MarqueMedical.com)

