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377 River Woods Pkwy., Suite 225
Glendale, WI 53212
Fax: (414) 443-9276
www.HealthDynamics.com

HEALTH DYNAMICS PREVENTIVE CARE PROGRAM

Thorough exams. Individualized counseling. Unsurpassed ease.

**Know your risks, protect your health & live your life...
with comprehensive testing and personalized guidance.**

At Health Dynamics, we've been leading the way in preventive healthcare since the 1980's. We've done this by being focused solely and completely on profiling individuals' health... and by going above and beyond to help them achieve it. This exclusive focus has enabled us to offer one of the most thorough annual preventive health exams you'll ever have and to develop a comprehensive profile of your health. It also is the origin of our commitment to your optimal health and to empowering you with the information, guidance, and one-to-one counseling that are essential to living a healthy, happy and productive life!

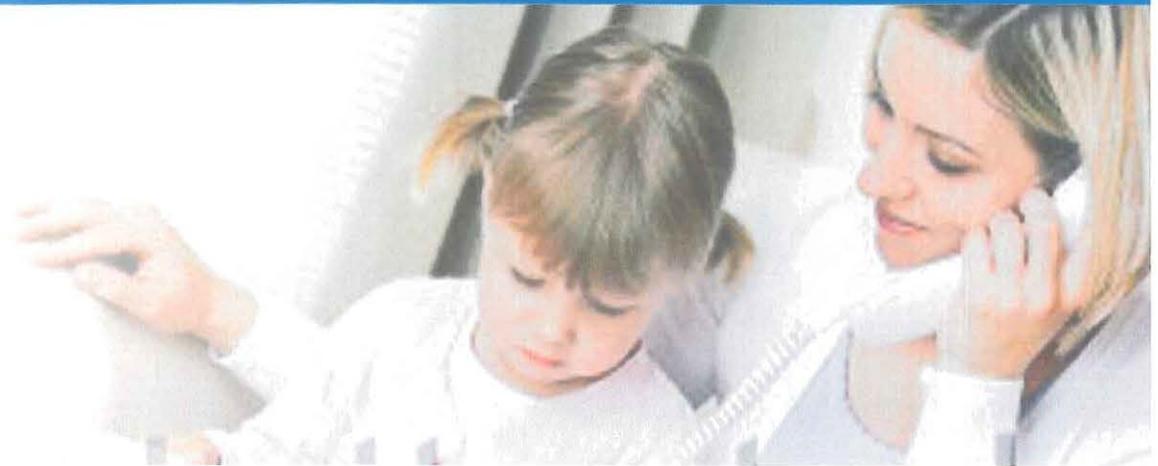
We greatly appreciate your participation, welcome your comments, and look forward to seeing you each year.

Sincerely,
Dr. Thomas Reminga,
CEO, Health Dynamics

Helping you take charge of your health...

- Exceptionally thorough prevention-based health exam
- Individualized health profile
- Personal health status reporting to your doctor
- Customized coaching/counseling
- 100% covered with no out-of-pocket costs
- Start it all with just one call

One call does it all.



Taking charge of your health is as easy as a phone call.

Protecting your health means being proactive, taking action to maintain and improve the health you have. Of course, this starts by having a full understanding of your current health status... and then knowing what to do about it. And that couldn't be easier. All it takes is just one phone call!

At HealthDynamics, we provide a truly comprehensive, 84-point preventive health testing program and thorough, individualized coaching to help you get, stay and live healthy... at no cost to you. Just pick up the phone and call us. We'll take care of the rest.

It all starts with a simple call. (414) 443-0200

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No cost to you. No surprises.



Comprehensive testing & guidance. No out-of-pocket expense.

The key to optimal health is prevention. And at HealthDynamics, preventive healthcare has been our focus since the 1980s. We provide an uncommonly complete exam, a full profile of your individual health and one-on-one guidance to help you improve and maintain it. And we do it without charging you any money whatsoever! No co-pays. No co-insurance. No deductible. And no surprises.

Medical insurance plans emphasize the importance of prevention, and most cover annual preventive testing and counseling completely. At HealthDynamics, all you need to do is call us. We'll get everything started and make sure you're covered. Then, we'll get you in for one of the most comprehensive exams you'll ever have, a complete health profile and the coaching you'll need to be your healthiest!

Start it all with just one call! (414) 443-0200

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Thorough exams. Individualized counseling. Unsurpassed ease.

The Preventive Care Exam



Perhaps the **most thorough health exam** you'll ever have.

Your best health starts by knowing where you stand. At HealthDynamics, we make it easy. Because prevention-focused care is our solitary focus, we've been able to develop a truly comprehensive exam. In fact, since we starting doing this in 1984, many people have told us that ours is the most thorough, detailed health exam they've had in their lifetime. Here's why:

THE PREVENTIVE CARE EXAM

- Comprehensive health history questionnaire
- 43-point blood chemistry analysis
- Blood pressure measurement
- Cardiovascular fitness test
- Prostate cancer screening (men)
mammogram (women)
- Measurement of height, weight
& body-fat percentage
- Pulmonary function (lung capacity) testing
- Physician-directed physical exam
- 16-point urine analysis
- Electrocardiogram (EKG)
- Pap smear & screening
- Colorectal cancer screening
- Strength & flexibility assessment
- Analysis of diet
- Stress inventory

At HealthDynamics, we follow the medical science and base our testing methods on the most current standards and guidelines set forth by the United States Preventive Services Task Force, American Heart Association, American Cancer Society and American College of Sports Medicine.

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Thorough exams. Individualized counseling. Unsurpassed ease.

Personal Wellness Consultation & Coaching



Empowering you to achieve & protect your best health!

For you to achieve and maintain your optimal health, knowing where you stand is only one part of the equation. Once you know your health status, what are you going to do about it? How do you go about doing it? What steps do you take? What changes should you make?

At Health Dynamics, we follow our comprehensive testing with an equally comprehensive counseling session to give you the information, skills and confidence to get healthy and stay that way. In our one-on-one Personal Wellness Consultation and Coaching Session, our expert Health Educators review the results of your exam with you and explain the findings. They also make recommendations and suggestions specific to you and your unique health status. You'll get the individually tailored information you need, and we'll answer your questions completely and in terms that make sense and help you.

In the best case, this consultation and coaching session, takes place face-to-face with you and one of our expert Health Educators. However, we can do this session remotely via telephone for people with time constraints or travel or other considerations. Because we are 100%-focused on preventive healthcare, we're able to spend much more time in this session than is feasible for busy physicians — often as much as an hour.

Let us empower you to take charge of your health. **Call HealthDynamics today. (414) 443-0200**

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