



TACK180

ADVANCE YOUR HEALTH

**STATE OF THE ART
TESTING**

**EXPERT MEDICAL
RECOMMENDATIONS**

**PROFESSIONAL
IMPLEMENTATION**

ABOUT TACK180.

Tack180 is a groundbreaking new model for purpose-driven patient care that leverages the latest advances in medical testing along with expert doctor interpretation to provide more personalized insights into your health than ever before.

Designed by award-winning doctor and author Myles Spar, MD, Tack180 is quickly replacing the routine annual physical (which medical studies have shown to be ineffective) as the premiere model for peak performance and advanced disease prevention. Tack180 evaluates risk for cancer, heart disease, Alzheimer's and other common diseases, as well as detects hidden imbalances in your genetic, nutritional and hormonal profiles that could be affecting your ability to perform at your best in the bedroom, the boardroom, or on the playing field. Clients then work one-on-one with a professional implementation team, including a nutritionist and integrative health coach, to ensure they are fulfilling their peak potential.

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Take Control of the Wheel.

2017



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WELCOME TO TACK180

What to expect from your purpose-driven peak performance and advanced prevention program.

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STATE OF THE ART TESTING

From genetics to hormones and advanced disease screening, our testing protocol uncovers a wealth of valuable insights into your health.

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EXPERT MEDICAL INTERPRETATION

Dr. Spar is an award-winning integrative medicine doctor whose expert analysis and recommendations will guide you along the path to optimal health.

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PROFESSIONAL IMPLEMENTATION

The best program is one that you actually follow, which is why we have handpicked a team of professionals to help support you in implementing Dr. Spar's comprehensive recommendations.

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THE TACK180 COMMUNITY

Peak performance and advanced prevention is a lifelong pursuit. We have curated the Tack180 community of like-minded achievers to foster relationships and build best practices.

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TACK180 CLIENT CHECKLIST



PURPOSE-DRIVEN MEDICINE

"Many people die at 25
and aren't buried until
they are 75."

Benjamin Franklin

This experience starts with you: what you want to accomplish and what stands in your way. We will work with you to define your goals and identify the purpose that drives you to want the best from your body and mind. Health should be the vehicle to accomplishing your goals; not an end in and of itself. Once we have defined a clear vision for where we are going, we'll begin mapping out a course to take us there.

STATE OF THE ART TESTING

Advances in modern medical technology allow us to peer deeper into our bodies than ever before. Unfortunately, insurance companies wait until a problem has already manifested – in the form of a disease or heart attack, for instance – in order to justify advanced testing. Here at Tack180, we are in the business of preventing problems, not simply reacting to them.

We provide you with a suite of the most sophisticated medical testing on the planet BEFORE serious problems have taken root. The testing is personally tailored to your own individual goals and medical history. Without enough data on each patient, healthcare has devolved into a dangerous guessing game. Tack180 prides itself on elevating patient care to a personalized science.



Cardiovascular

Studies show 75% of patients who suffer heart attacks have LDL (bad) cholesterol levels within the “normal” range. Tack180 testing can save you before you become such a statistic.

- Advanced Heart Disease Risk Panel
- Coronary Calcium Score {predicts heart attack risk}
- Vascular Ultrasound {assesses stroke risk}



Body Composition: It's Personal.

Hopping on the scale won't tell you if you're making progress building lean muscle tissue or burning fat. DEXA scan body composition assessments are the most accurate (99%) tool for determining exactly what types of changes your body is undergoing. Furthermore, *where* your fat is distributed throughout the body matters enormously for your health. Whether you're trying to determine osteoporosis risk, prevent cardiovascular disease (visceral fat around your organs increases this risk) or just tone your six pack, the following Tack180 body composition tests will give you the information you need to get there.

- Lean Body Mass
- Bone Health {assesses osteoporosis risk}
- Body Fat Percentage {overall, visceral, and distribution}



Nutritional Testing

Tack180 testing looks beyond your vitamin levels to detect mineral deficiencies and heavy metal toxicity that could lead to serious problems if not fixed.

- Vitamin Levels
- Micronutrient Levels
- Antioxidant Strength {indicates ability of immune system to fight disease}

Hormone Analysis

Hormones control major functions in the body, especially sex, energy and metabolism. We drill deep to see where you might need to balance or supplement.

- Sex Hormones:
Testosterone, Estrogen, Progesterone {affects sexual function, mood and ability to build muscle}
- Stress Hormones and Adrenal Function {dictates ability to cope with stress and maintain energy}
- Melatonin Production {regulates sleep}





Change your Age.

Slow down your
biological clock...

- Telomere Length {reveals insights into aging via the breakdown at the ends of DNA strands}
- Oxidative Stress {measures biologic aging from free radical cell damage}

A portrait of a middle-aged man with short dark hair and a light beard, smiling warmly at the camera. He is wearing a dark blue pinstriped suit jacket over a white shirt and a dark tie. The background is a plain, light blue-grey color.

A PERSONAL APPROACH TO MEDICINE.

Award-winning doctor and author Myles Spar, MD, MPH will walk you through all of your detailed results and put them in the context of your own unique personal goals and medical history. With over two decades of experience specializing in integrative medicine, he will design customized, comprehensive recommendations including:

Medications
Supplements
Diet
Exercise
Sleep
Stress Management
Additional Modalities As Necessary



“WE DON'T RISE TO THE LEVEL OF OUR EXPECTATIONS, WE FALL
TO THE LEVEL OF OUR TRAINING.”
— ARCHILOCHOS

PROFESSIONAL TEAM IMPLEMENTATION

HOW WILL I HOLD MYSELF ACCOUNTABLE WHILE MAKING ALL THESE CHANGES TO MY LIFESTYLE?

Dr. Spar and the rest of the Tack180 team understand that identifying underlying health problems and designing a customized recommendation plan is only half the battle. Enacting that plan and holding yourself accountable is where the real challenge begins.

To help ensure that you make the most of your Tack180 program, each one of our clients has access to an ongoing professional support team that includes health coaches, nutritionists, mental performance experts, and physical trainers. Through a series of lessons, accountability check-ins, and progress reports, you will be personally supported in overcoming obstacles to behavior change so that you can turn each one of Dr. Spar's recommendations into a reality.

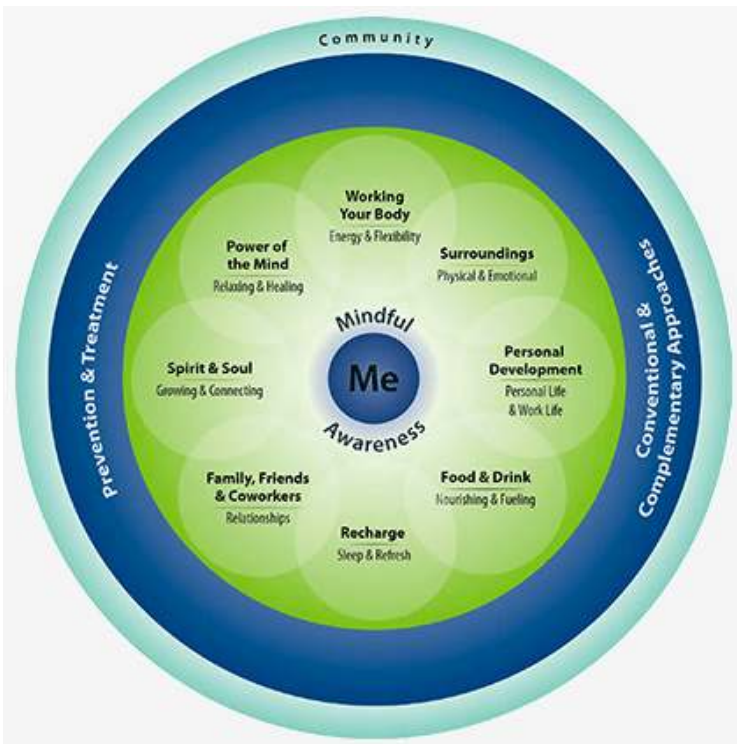
In this way, Tack180 will become a continual force in your life for achieving optimal health in pursuit of your goals. Below you'll find biographies for two of our professional health coaches. We see coaching as a fundamental, but underutilized component of maintaining accountability and maximizing performance.

INTEGRATIVE HEALTH COACHES



Duke Integrative Medicine

**CERTIFIED BY DUKE
MEDICAL SCHOOL'S
LEADING INTEGRATIVE
PROGRAM**



HEATHER FINN

Heather has over 15 years experience in the field of behavior change with a Masters in Behavior Analysis from Northeastern University. She is a Board Certified Behavior Analyst and a National Board Certified Health and Wellness Coach. After many years of working on behavior change with individuals who have special needs, she made a career shift to become an Integrative Health Coach and completed the training at Duke Integrative Medicine. She's passionate about helping clients identify and refine their own unique health goals that will enable them to lead more healthy, balanced lives.



JENNIFER SENGELMANN

Jennifer is a National Board Certified Health and Wellness Coach, and also a graduate of Duke Integrative Medicine's Certified Integrative Health Coaching Program. She works collaboratively with physicians in disease prevention and health management and offers individual coaching with clients both remotely and in-person. Jennifer utilizes the latest research to empower her clients to make purposeful healthy lifestyle changes, managing stress, improving health, clarity, purpose and performance in work, family and life. Any concern that gets in the way of your best health and life is an ideal topic with which to begin health coaching with Jennifer.





THE TACK180 COMMUNITY

A NEW KIND OF HOME FOR HIGH-ACHIEVERS

The Tack180 community is an environment to build lifelong relationships with like-minded leaders who have also taken the initiative to make their health a priority for accomplishing their goals. Through a myriad of member events that include group fitness classes, online support forums, and non-profit team races, you can share in the challenges and victories of others on a similar path.

It is an old but true adage that you become the five people who you spend the most time with. At Tack180, we harness the power of surrounding yourself with people who are willing to push themselves mentally and physically to excel. We're only given one life to live, and the Tack180 community reminds you to lean into everyday with purpose and presence.

Completing the Tack180 Benchmark Evaluation is only the beginning of your journey. To ensure you continually make progress towards your goals, you should continue working with your implementation team and undergoing periodic retesting in important areas. As the Tack180 community grows and evolves, we will add valuable elements to our program, such as a customizable easy-to-use app. Congratulations on taking the first step, and we look forward to helping you cross the finish line.

SCHEDULE YOUR FREE 20-MINUTE CONSULTATION WITH DR. SPAR NOW

We offer a free 20-minute phone consultation with Dr. Spar in order to answer your questions, and also to give your doctor a better picture of your goals. All consults are done by phone unless you request it to be done in person at the Tack180 office in LA. Requests can be made via info@tack180.com. Dr. Spar usually has recommendations you can begin right away. Schedule yours by following the link below!



<https://calendly.com/tack180/drsparconsult>

Myles Spar, MD, MPH is board-certified in Internal Medicine and in Integrative Medicine. As a clinician, teacher and researcher on the faculty of two major medical centers, he has led the charge for a more proactive, holistic and personalized approach to care that focuses on cutting edge technology and preventative care.

Dr. Spar graduated from the University of Michigan Medical School and completed his residency at Tulane University and fellowship at UCLA Medical Center. He was invited to join the prestigious medical honorary society Alpha Omega Alpha (AOA) before completing a research fellowship and earning a Masters in Public Health to improve the quality of care he could deliver.

Example Tack180 Program Checklist

Email Questions to: info@tack180.com

Before Your First Visit

- o Schedule Testing Consultation at Dr. Spar's office (see Tack180 Welcome Email for directions/details)
- o Complete Intake Questionnaire online (link in Tack180 Welcome Email)
- o Come in fasting for Testing Consultation with Dr. Spar
 - During this visit you will provide payment for the Tack180 Benchmark Assessment (\$3,500), get your blood drawn for cardiac, genetic, and micronutrient testing, as well as complete a DEXA body composition scan to measure body fat distribution and bone density.

After Your First Visit

- o Schedule imaging appointment at Cedars-Sinai Medical Center through Tack180 staff
 - We will get your availability and then send you a confirmation with the date and details.
- o **Collect and mail samples ASAP for your take-home saliva kit (small purple box)**
 - This test measures your hormone levels throughout the day so the samples must be taken at 4 separate times. Record the times of each saliva draw on the biohazard bag in the box.
 - Please be sure to follow all provided instructions included with the test kit VERY CAREFULLY as well as fill out the information sheet (labeled “requisition form”).
 - Mail your specimen to the lab ASAP in the shipping bag using the prepaid mailing label (fill out “from” section on the mailing label).
 - Be sure the following is included inside the shipping bag:
 1. A completed requisition form (double-sided information sheet labeled “Requisition Form”)
 2. Your 4 specimen tubes inside the small, clear “Biohazard” bag (fill out all the information requested on the bag)
- o **Collect and mail sample ASAP for take-home urine kit to measure cellular aging (blue & white box)**
 - This sample must be collected in the morning as part of your first urination of the day, before taking any supplements. Fill out information on the specimen stickers and attach one to each tube.
 - Please be sure to follow all provided instructions included with the test kit VERY CAREFULLY as well as fill out the accompanying information sheet. Note that the test profile is “109 – Lipid Peroxides” so you can ignore the instructions under “Test Profiles 101 and 107”.
 - Mail your specimen to the lab ASAP in the shipping bag using the prepaid mailing label.
 - Be sure the following is included inside the shipping bag:
 1. A completed requisition form (information sheet labeled “Patient Test Submittal Form”)
 2. The completed “Urine Study Questionnaire” (single sheet inside box)
 3. Both specimen tubes, with sticker labels, inside the orange “Biohazard” bag
- o Schedule Tack180 Performance Health Plan Consult with Dr. Spar to review all results approximately 3 weeks after your initial intake appointment. Date of consult: _____

Once All Your Results Are In (3-4 weeks after initial visit)

- o Go in for Tack180 Results Consultation with Dr. Spar (also available via Skype)
 - During this visit with Dr. Spar in his office, he will go over all your results including genetics, hormones, imaging, body composition, and micronutrients.
 - He will also give you your Tack180 Performance Health Plan, with comprehensive recommendations on supplements, medications, diet, exercise, stress management, and additional modalities if necessary.
- o Sign up for whichever Tack180 Implementation Plan and Retesting Schedule you feel will be most impactful
 - Plans include access to nutritionists, coaches, trainers, and weekly Fitbit tracking/feedback.
 - Retesting offered every 6-12 months depending on personal situation and goals.