



TACK180 CONCIERGE PREVENTION PROGRAMS

ADVANCED TESTING • EARLY RISK DETECTION • INTEGRATIVE STRATEGIES

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WHAT YOU DON'T KNOW CAN KILL YOU

The annual physical is a great starting point for finding out if something is already wrong. However, the limited standard testing covered by insurance companies is not designed to detect and prevent health issues before they occur. In fact, recent studies show 75% of heart attacks occur in people with normal cholesterol levels.

Tack180 and Men's Health Foundation now offer concierge prevention programs to target specific health issues (from heart health to anti-aging and stress) with advanced testing, personalized integrative recommendation protocols, and one-on-one health strategy sessions with a doctor.

These 6-month programs were developed by leading integrative physician and NBA medical advisor, Myles Spar, MD, MPH. Dr. Spar will personally analyze your advanced test results, medical history, and lifestyle habits to design your integrative recommendation protocol with detailed guidance on nutrition, supplements, exercise, stress management, non-western modalities, and medication, if necessary.

CASE STUDIES

CASE STUDY 1

40-year old male discovered acute heart disease risk not reflected in annual physical labs and started aggressive risk reduction protocol.

CASE STUDY 2

47-year old male discovered genetic risk for Alzheimer's and began long-term risk management strategy.

100% of Tack180 clients have discovered medically-relevant and actionable health risk information.

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Tack180 is freedom. It provides me with a blueprint that's customized to my body, my health history and my goals. Their cutting edge personalized testing not only answered questions about my diet, it also uncovered problems that my annual checkup missed, most importantly BEFORE they could become serious. Dr. Spar makes it easy, accessible and possible. I don't waste time wondering what to eat or which supplements are right for me. The difference is – now I know. I'll never look back. Tack180 is the program I've been looking for.

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— Tony, Tack180 Client



HEART HEALTH

\$500

Heart Disease is the #1 killer of Americans. Basic tests from your annual physical miss important risk factors that could be contributing to your chance of heart attack or stroke. This advanced program uncovers these hidden risks and then provides you with a plan to defeat them.

1. Advanced cardiometabolic panel, including Lp(a)
2. Analysis of test results, medical history, and lifestyle habits
3. Personalized, integrative recommendation program
4. 30-minute strategy session with Dr. Spar



ANTI-AGING

\$500

We all want to lead longer, healthier lives, but life expectancy has been dropping for the first time in decades (especially in men). Dr. Spar will analyze how fast your cells are aging and design a plan to slow that down as much as possible.

1. Advanced cellular age analysis
2. Analysis of test results, medical history, and lifestyle habits
3. Personalized, integrative recommendation program
4. 30-minute strategy session with Dr. Spar



WEIGHT LOSS / FITNESS PROGRAM

\$500

Men die of more preventable diseases than women, largely due to being overweight. Dr. Spar will test your genetics to design a weight loss or fitness program that is the most effective for your unique biology.

1. Advanced genetic testing for lifestyle, exercise, diet
2. Analysis of test results, medical history, and lifestyle habits
3. Personalized, integrative recommendation program
4. 30-minute strategy session with Dr. Spar



SEXUAL HEALTH

\$500

Testosterone decreases starting in your late twenties, causing a host of sexual problems from ED to reduced sex drive. Dr. Spar will analyze these and other hormones, then design a plan to optimize them, improving energy, weight loss, sexual function, and sleep.

1. Advanced hormone analysis
2. Analysis of test results, medical history, and lifestyle habits
3. Personalized, integrative recommendation program
4. 30-minute strategy session with Dr. Spar



ENERGY + LESS STRESS

\$1,000

Too much stress is highly toxic to the body, contributing to fatigue and a number of serious health issues. Dr. Spar will analyze your hormone and nutrient levels to uncover any deficiencies then design a plan to boost your energy while reducing stress levels.

1. Advanced hormone, vitamin, mineral, and amino acid analysis
2. Analysis of test results, medical history, and lifestyle habits
3. Personalized, integrative recommendation program
4. 30-minute strategy session with Dr. Spar



COMPREHENSIVE TACK180 PROGRAM

\$3,500

Combine all other programs, plus genetic risk testing and advanced imaging (Calcium Score, Ultrasound, DEXA) to receive a comprehensive, in-depth look into what physiological barriers could be keeping you from your goals.

1. Genetic, nutrition, hormone, cardiac, cellular, and imaging tests
2. Analysis of test results, medical history, and lifestyle habits
3. Personalized, integrative recommendation program
4. 60-minute strategy session with Dr. Spar

Get in touch today for more info!

Corporate discounts available.