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WELLNESS CENTER

Balesin Island Club & The City Club at Alphaland Makati Place



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- *State-of-the-art medical wellness facility*
- *Proactive and preventive health care for all*
- *In two locations*

Good evening. Thank you so much for joining us this evening to welcome a new dawn in the practice of medicine... Preventive Medicine. Aegle Wellness Center is a state of the art medical wellness facility that defines what true wellness is all about and not just the "absence of disease".



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THREE PILLARS OF A HEALTHIER LIFESTYLE

Regular (Personalized) Exercise



Balanced (Targeted) Nutrition



Proper (Customized) Supplementation



There is still no shortcut to achieving optimal health and warding off disease. Aegle Wellness Center focuses on the basic principles of regular exercise, well-balanced diet, and proper supplementation to help our clients achieve their goals.



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We get these routine checks every year that barely scratch the surface of our health condition. At Aegle, preventive and functional medicine focuses on disease markers for impending illness—when early detection just isn't enough.



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PROGRAMS

Create platforms where clients seeking lifestyle modification for better health can learn...

- 1. What to do (supplements, diet and exercise)**
- 2. How to do it safely (hand-holding guidance and real-time monitoring)**
- 3. How to initiate and maintain their program for as long as goals are met**



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SUBSCRIPTION PLANS



- Designed for existing members of **The City Club at Alphaland Makati Place** and **Balesin Island Club**
- Provide a means for members to maintain a healthcare program over and beyond what is regularly offered in hospitals and by health maintenance organizations (**HMOs**).



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SUBSCRIPTION PLANS



- These packages make it convenient for members to incorporate their annual executive checkup in **Aegle Balesin** with their island vacation.
- At the same time, **Aegle at The City Club** provides a place for regular health checks and follow-ups as well as for refilling customized supplements included in our bespoke health programs.



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SUBSCRIPTION PLANS



- **STANDARD**
- **STANDARD PLUS**
- **PREMIUM**

Our Aegle Health subscription plans facilitate consistent and regular follow ups with your doctor, who takes the lead among the different health professionals by your side in helping you modify your lifestyle through diet, exercise, and supplementation.

There are three subscription plans: Standard, Standard Plus, and Premium. The main difference among them is the degree of close monitoring and supervision of the various pillars of lifestyle modification. The plans also offer the option of having your executive checkup not just annually but twice a year in a more relaxed setting than the hospital. Simply put, you can incorporate your much-needed vacation into your health obligation.



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SUBSCRIPTION PLANS



STANDARD

- Two diagnostic testing sessions a year: one 3-day wellness package in Aegle City Club (includes two nights' stay at The Alpha Suites and meals) and
- one follow-up testing after 6 months
- 24 personal exercise training sessions (twice every month)
- 12 nutrition consults with meal plans and online coaching
- 12 physician consults
- 12 HBOT sessions
- 12 IVT sessions
- 2 colon hydrotherapy sessions

The Standard package includes two diagnostic testing sessions a year; one with a 3-day wellness package in Aegle City Club (includes two nights' stay at The Alpha Suites and meals) making it unnecessary to stay confined in a hospital while still staying in the city.

Another complete diagnostic testing is done after six months as follow-up; this could also be a means of monitoring progress on your lifestyle modification (one follow-up testing after 6 months). Your exercise instruction does not end with our exercise physiologist designing a safe and ideal work out for you; a personal trainer checks on your form and progress every fortnight.

Our nutritionist will consult with you on preparing your meals and diet, with meal plans and online coaching, meeting with you once a month to make sure you are not having difficulties adhering to your plan.

You get to see your doctor for follow-up consultations monthly. And included are treatments useful in reversing the ravages of age and helping us grow old more gracefully, such as: monthly hyperbaric oxygen therapy (HBOT) sessions for regenerating tissues and organs deep in your body, most especially the brain; intravenous therapy (IVT) sessions that can help your detoxifying organs repair and replenish themselves naturally; and twice-a-year colon hydrotherapy aimed at clearing your colon of accumulated debris and toxins.



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SUBSCRIPTION PLANS



STANDARD PLUS

- Two diagnostic testing sessions a year, with one done in Aegle Balesin as part of the 3-day wellness package (includes airfare, meals, and villa) and one done at Aegle City Club
- 48 personal exercise training sessions (once weekly)
- 12 nutrition consults with meal plans and online coaching
- 12 physician consults
- 12 HBOT sessions
- 12 IVT sessions
- 4 colon hydrotherapy sessions

With the Subscription Plus package, you get to have your annual executive checkup in Balesin at the Aegle Wellness Center on the island as part of the 3-day wellness package (includes airfare, meals, and villa). A follow-up/monitoring check up is done after 6 months in Aegle at the City Club as an outpatient.

Your personal trainer checks on you weekly to make sure you are doing your regular exercise with the right form and frequency. And colon hydrotherapy is done every quarter.



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SUBSCRIPTION PLANS



PREMIUM

- Four diagnostic testing sessions a year: two 3-day wellness packages in Aegle Balesin (includes airfare, meals, and villa) and 2 follow-ups (once every quarter) in Aegle at the City Club
- UA activity monitor & connected scale
- 48 personal exercise training sessions (once weekly)
- 12 nutrition consults with meal plans and online coaching
- 12 physician consults
- 12 HBOT sessions
- 12 IVT sessions
- 4 colon hydrotherapy sessions

The Premium package includes an executive check up once every six months in Aegle Balesin as part of two 3-day wellness programs (includes airfare, meals, and villa) and a follow up or monitoring check up once every quarter.

We use the Under Armour activity monitor and connected scale to keep track of your progress and to determine any necessary modifications in case of lack of progress.



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FAQs

- **How do I go about subscribing?**
- Simply contact Jasmine Ranada, our Client Relations Manager, at jmranada@aeglewellnesscenter.com or +63 917 880 1429, and she will be happy to facilitate your enrollment.
- **What is the recommended age for these plans and packages?**
- As early as 18 years old on up to senior citizen and beyond.
- **Can this take the place of the annual executive checkup in the hospital?**
- Yes, and even more. Plus the plans provide the close guidance on modifying your lifestyle based on your diagnostic results.
- **Can unused services over the year carry over to the next subscription year?**
- No, that would defeat the purpose of consistent follow up with your healthcare professionals.
- **Can I combine this with my existing HMO plan?**
- Yes, your HMO can cover your hospitalization needs just in case; Aegle Health covers your disease prevention in an outpatient setting.



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THANK YOU

- Ben Valdecanas MD