



# 1st Optimal

Health • Hormones • Weight Loss

## New Patient Onboarding Journey

“Optimize You, Uplift Others.”



**Assess Progress**  
Review labs and  
symptom improvement  
from treatment.

**At-Home Treatment**  
Review administration if  
needed once delivered  
to your home.

**Telehealth Visit**  
Build Your custom  
treatment plan

**Intake**  
Set up profile, upload labs  
and supporting documents,  
and complete HHQ.

**Blood Work**  
Order comprehensive  
diagnostic testing based  
on your needs.

**Lab Review**  
Deep dive into your results  
and what they mean to you  
with our team.

# Optimal Member Journey

“Optimize You, Uplift Others.”



## Who **We** Are

1st Optimal is a membership-based telehealth platform for men and women, offering personalized care in hormone health, weight management, and performance optimization - all online.

## Uplifting **Care** Plans

Choose from three areas of optimal telehealth care coverage, including *Peptides*, **Sex & Hair Care**, **Guided Hormone Care**, and **Weight Loss Care**.

## Member **Perks**

Our members receive an average of **40% off MSRP on treatments, 25% off diagnostic testing**, and exclusive discounts on high-quality, medical-grade supplements.

### Guided Medical Oversight

- Telehealth Medical Consults
- Unlimited Asynchronous Care
- Lab Interpretations
- Ongoing Coaching & Support
- Patient Portal App

### Exclusive Member Benefits

- Guided Optimization
- Premium Member Pricing
- Priority Booking
- Hassle-Free Refills
- Free Educational E-Books

### No Hidden Fees

- No Long Term Contract
- Free Shipping
- Free Medical Supplies
- Free Processing

“Optimize You, Uplift Others.”



# Company **Accreditations**

## Medical Credentials

- MDs
- NPs
- DOs
- Multiple State Licensure per Provider
- DEA Licensure

## Health Coaches

- BS: Kinesiology, Exercise Science, Health, Nutrition
- Graduated Studies: Performance, Weight Loss, Kinesiology, Pre-med

## Additional Training & Credentials

- 2-Year Fellowship [A4M](#)
- Training by [Worldlink Medical](#)
- On-going BHRT Certifications [A4M](#)
- Weekly Pharmacy / Diagnostic Training

## Certifications

- **National Academy of Sports Medicine**
  - Health Coaching
  - Nutrition Coaching
  - Weight Loss Coach
  - Performance Enhancement
  - Corrective Exercise
- **American Council on Exercise Credentialed**
  - Fitness, Health, & Nutrition
- **USA Olympic Weight lifting**
- **NSCA CSCS**
- Metabolic Technician
- Weekly Pharmacology Training
- Weekly Diagnostic Training
- [A4M](#)
- [Worldlink Medical](#)

## 1st Optimal Accreditations



[What is LegitScript?](#)



[What is Surescripts?](#)

**"Optimize You, Uplift Others."**



# What Is a **Certified Health Coach**?

## **Your Step-by Step Guide**

Assigned to every member, we ensure you're supported at every stage—from appointments and diagnostic tests to medication refills and beyond. We provide personalized support tailored to your journey with us. Think of us as your go-to partner for managing and streamlining experience.



## **Your Journey, Your Goals**

We're here to listen to your goals, understand your needs, and help organize the details of your health journey. You can reach us during business hours via the Patient Portal App, Email, or Phone, and we're committed to being with you every step of the way.

## **Hassle-Free Fulfillment**

Certified Health Coaches work closely with our internal and external fulfillment partnership to ensure your treatments, supplements, and supplies arrive intact and on-time.



## **Asynchronous Care**

Our medical providers work behind the scenes to ensure your optimization journey is seamless and stress-free. From reviewing your exercise, nutrition, supplements, treatment adjustments, and lab results to addressing questions, we prioritize your convenience and outcomes.

**“Optimize You, Uplift Others.”**



## Baseline Hormone Health Panel

GOOD

Sex Hormones • Estrogen • Progesterone • Gonadotropins •  
Neurosteroids • Metabolic Panel • Blood Health • Lipid Panel

## Hormone Health Panel

BETTER

Thyroid • Insulin Sensitivity • Liver Function • Kidney Function •  
• Heart Health Sex Hormones • Estrogen • Progesterone •  
Gonadotropins • Neurosteroids • Metabolic Panel • Blood  
Health • Lipid Panel

## Comprehensive Hormone Health Panel

BEST

Liver Function • Kidney Function • Vitamins • Iron Panel •  
Inflammatory • Advanced Heart Health Thyroid • Insulin Sensitivity  
• Liver Function • Kidney Function • IGF-1 • Heart Health Sex  
Hormones • Estrogen • Progesterone • Gonadotropins •  
Neurosteroids • Metabolic Panel • Blood Health • Lipid Panel



"Optimize You, Uplift Others."



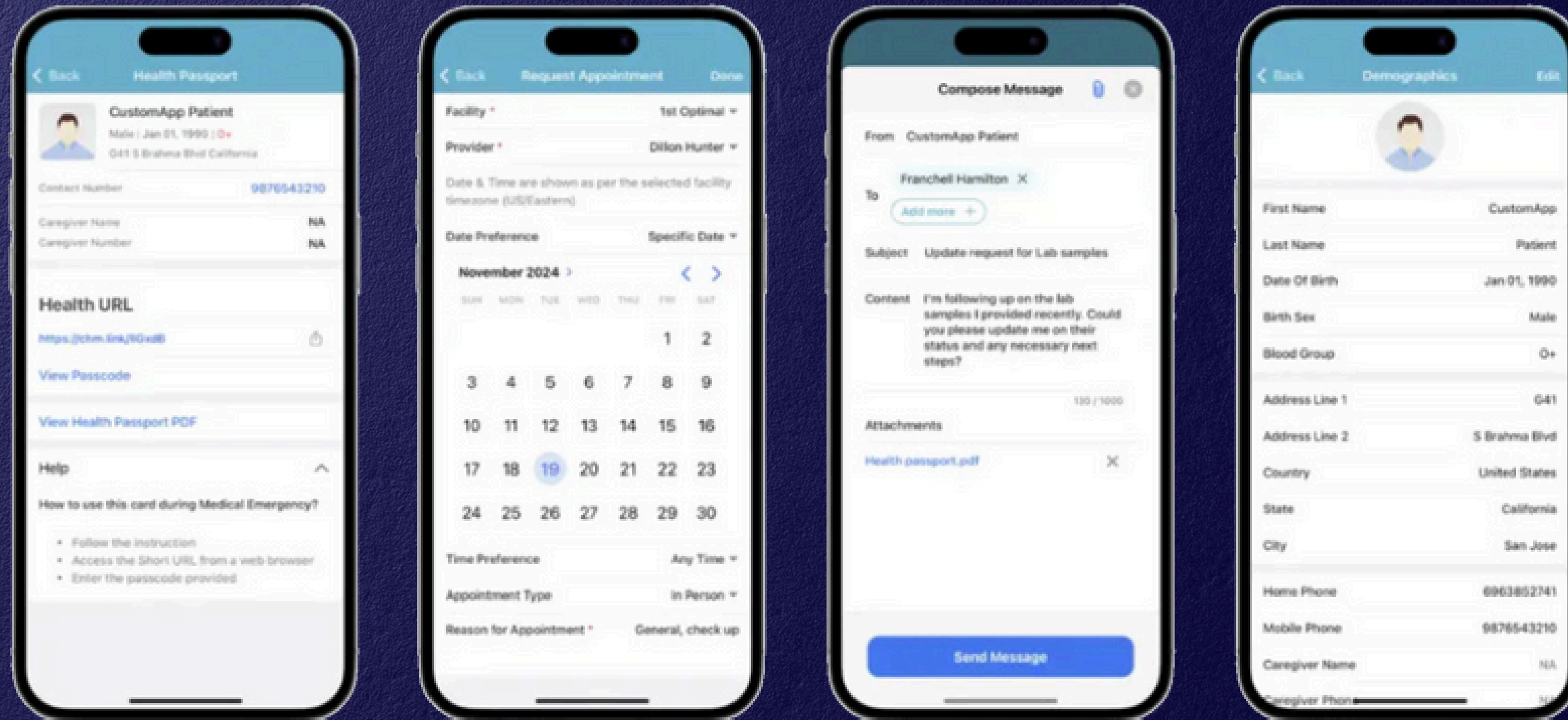


## Treatment Plan

- ✓ Step-by-Step Treatment Guidance
- ✓ A Personalized Supplement Blueprint
- ✓ Actionable Lifestyle Modifications
- ✓ Hormone Imbalance Optimization

“Optimize You, Uplift Others.”





## 10 Patient Portal



Protected Personal Health Information



Track and Review All Treatment Plans



Two-Way Communication



Manage Refills, Billing, and Future Treatments



Download on the  
**App Store**



GET IT ON  
**Google Play**

“Optimize You, Uplift Others.”



# 1st Optimal Membership Options

## Peptides, Sex & Hair Care

### Guided Medical Oversight

- Unlimited Asynchronous Care
- Lab Interpretations
- Ongoing Coaching & Support
- Patient Portal App

### Exclusive Member Benefits

- Premium Member Pricing
- Priority Booking
- Hassle-Free Refills
- Free Sex & Longevity E-Books

### No Hidden Fees

- Free Shipping
- Free Medical Supplies

**\$99/6 Months**

## Weight Loss Care

### Guided Medical Oversight

- Telehealth Medical Consultations
- Unlimited Asynchronous Care
- Lab Interpretations
- Ongoing Coaching & Support
- Patient Portal App

### Exclusive Member Benefits

- Guided Weight Loss Optimization
- Premium Member Pricing
- Priority Booking
- Hassle-Free Refills
- Free Weight Loss E-Books

### No Hidden Fees

- Free Shipping
- Free Medical Supplies

**\$99/Month**

## Men's Hormone Care

### Guided Medical Oversight

- Telehealth Medical Consultations
- Unlimited Asynchronous Care
- Lab Interpretations
- Ongoing Coaching & Support
- Patient Portal App

### Exclusive Member Benefits

- Guided Hormone Optimization
- Premium Member Pricing
- Priority Booking
- Hassle-Free Refills
- Free Hormone Health E-Books

### No Hidden Fees

- Free Shipping
- Free Medical Supplies
- TRT or Test-Boost Therapy Included
- Follow-Up Labs Included

**(M) \$159/Month**

## Women's Hormone Care

### Guided Medical Oversight

- Telehealth Medical Consultations
- Unlimited Asynchronous Care
- Lab Interpretations
- Ongoing Coaching & Support
- Patient Portal App

### Exclusive Member Benefits

- Guided Hormone Optimization
- Premium Member Pricing
- Priority Booking
- Hassle-Free Refills
- Free Hormone Health E-Books

### No Hidden Fees

- Free Shipping
- Free Medical Supplies
- TRT or Test-Boost Therapy Included
- Follow-Up Labs Included

**(F) \$119/Month**

**“Optimize You, Uplift Others.”**



# Men's **Hormone Care** Membership vs. Market Rate

1st Optimal

Health • Hormones • Weight Loss

Product	1st Optimal	Traditional Clinics
Physician Consultations	Included	\$300
Shipping & Supplies	Included	\$60
Follow-Up Lab Panel	Included	\$229
Lab Review, Patient App, Care Team Support	Included	\$100
Testosterone Treatment	Included	\$170
Total: \$159/month	\$477/ 3 months	\$859/ 3 months

“Optimize You, Uplift Others.”



# Weight Loss Membership

## Weight Loss Treatments

### Guided Weight Loss Treatments

- Semaglutide
- Tirzepatide
- Retatrutide
- Hormone Replacement
- Thyroid Treatment

### Weight Loss Optimization

- Peptide Therapies
- Advanced Gut-Health Testing
- GLP-1 Supplement Support
- Comprehensive Hormone Testing

## Weight Loss Support

### Guided Medical Oversight

- Telehealth Medical Consults
- Unlimited Asynchronous Care
- Lab Interpretations
- Ongoing Coaching & Support
- Patient Portal App

### Weight Loss Member Benefits

- 40% Off MSRP Treatments
- Up to 25 Off Diagnostic Testing
- Weight Loss Support E-books
- Monthly Check-ins

“Optimize You, Uplift Others.”



# Women's **Hormone Care** Membership vs. Market Rate

Product	1st Optimal	Traditional Clinics
Physician Consultations	Included	\$300
Shipping & Supplies	Included	\$60
Follow-Up Lab Panel	Included	\$229
Lab Review, Patient App, Care Team Support	Included	\$100
Testosterone Treatment	Included	\$95
Total: \$119/month	\$357/ 3 months	\$784/ 3 months

“Optimize You, Uplift Others.”



# Advanced Testing

1st Optimal  
Health • Hormones • Weight Loss



- ✓ Comprehensive Gut Health Assessment
- ✓ Detection of Infections and Inflammation
- ✓ Immune System Health Insights
- ✓ Leaky Gut Assessment

- ✓ Food Allergies & Sensitivities
- ✓ Irritable Bowel Syndrome (IBS)
- ✓ Bloating, Joint Pain, & Migraines
- ✓ Autoimmune Disease

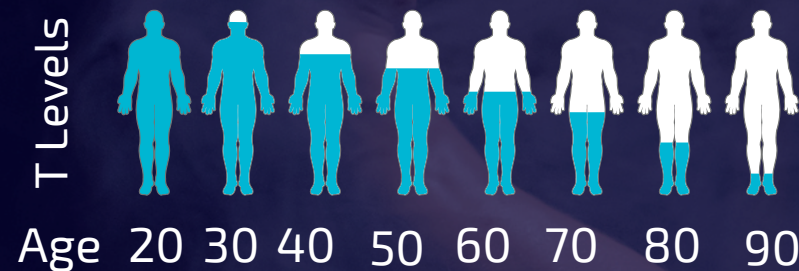
- ✓ Estrogen Dominance & Metabolism
- ✓ Adrenal Dysfunction Assessment
- ✓ Stress and Sleep Insights
- ✓ Metabolite Analysis

- ✓ Precise Cortisol Awakening Response Measurements
- ✓ Identify Chronic Stress and Fatigue Patterns
- ✓ Evaluate Mental and Emotional Resilience
- ✓ Optimize Sleep and Wake Cycles

"Optimize You, Uplift Others."



## Male Testosterone Production With Age

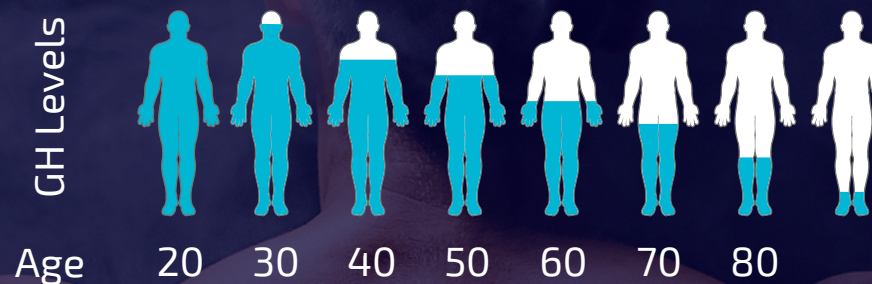


Testosterone levels naturally decline, typically starting around age 30. This can lead to symptoms like reduced muscle mass, lower energy, decreased libido, and mood changes.

### Increased Libido

Studies have suggested that BHRT may improve sexual desire and satisfaction, particularly in women experiencing hormonal imbalances post-menopause

## Growth Hormone Production With Age



Growth hormone production begins to decline in the mid-20s, with a more noticeable drop by age 30 and continues to decrease. This decline can lead to reduced muscle mass, bone density, and energy levels, contributing to many typical signs of aging.

### Growth Hormone Care

GHRPs increase natural Growth Hormone (GH) levels by 2 to 10 times, supporting fat loss, muscle growth, and faster recovery. They also improve sleep quality, energy levels, and skin elasticity while enhancing bone density. This natural boost in GH makes optimizes performance, metabolism, and overall wellness.

## Treatment Options

- Semaglutide
- Tirzepatide
- Retatrutide
- Tesamorelin
- Sermorelin
- GLP-1 Supplements
- Synergistic Treatments
- Peptide Therapy
- Testosterone

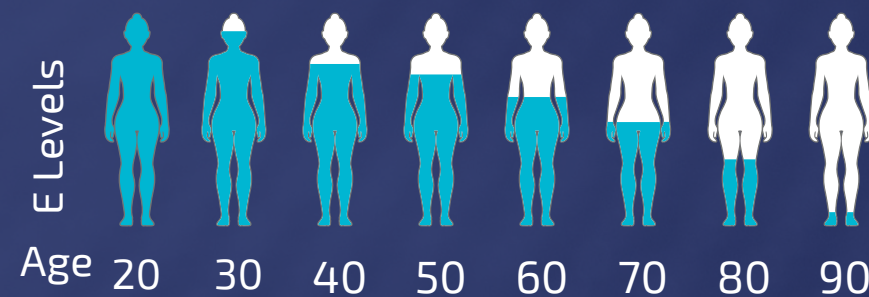


## Results

- Average weight loss reduction of 10.9% within six months.
- 54.9% of users achieving a 10% reduction in body weight.
- Men on TRT experience a 15-20% increase in lean mass.
- Average of 26% reduction in 36 week protocol from baseline.



## Estrogen Hormone Production With Age

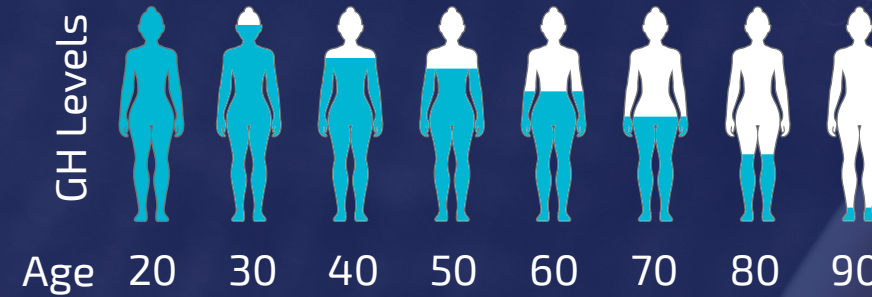


Estrogen levels naturally decline, typically starting after age 35 as women approach menopause. This can lead to symptoms like reduced muscle mass, lower energy, decreased libido, and mood changes.

### Menopausal Symptoms

Studies have suggested that BHRT may improve menopausal symptoms such as hot flashes, night sweats, irregular menstrual cycles, mood swings, bone loss, sleep disturbances, and vaginal dryness.

## Growth Hormone Production With Age



Growth hormone production begins to decline in the mid-20s, with a more noticeable drop by age 30 and continues to decrease. This decline can lead to reduced muscle mass, bone density, and energy levels, contributing to many typical signs of aging.

### Improved Mood and Reduced Depression

BHRT has been linked to reductions in mood swings, as cause mortality, and depressive symptoms, particularly in menopausal women.

## GLP-1 & Growth Hormone Care

### Treatment Options

- Semaglutide
- Tirzepatide
- Retatrutide
- Tesamorelin
- Sermorelin
- GLP-1 Supplements
- Synergistic Treatments
- Peptide Therapy
- Estrogen
- Testosterone

“Optimize You, Uplift Others.”



## Member FAQs

### What Is Included In The Membership?

Your membership includes all medical oversight and consultations, shipping costs, and medical supplies. You also have access to our treatments and services at a reduced members-only rate and receive priority booking and services.

### Is There a Long Term Contract with My Membership?

No, Your membership duration runs during the length of your prescribed treatment. For example, if you started a 12 week protocol, your membership would continue for the 12 weeks. Afterwards it auto-renews unless you make a change and stop treatment.

### How Am I Billed For My Membership and Treatments?

Memberships are set up with a Card on File in your Patient Portal. The card is billed monthly from your sign up date. You can change your card via our Patient Portal App. For treatments, your orders are processed on the card on file typically 6-7 weeks prior to the refill date with advanced notification.

## Treatment FAQs

### What Can I Expect In My Medical Provider Consultation?

During your consultation, our medical team will review your medical history, discuss your symptoms, and recommend appropriate treatments based on your goals. Whether it's hormone therapy, weight loss, or other wellness solutions, we ensure a comprehensive approach to your health.

### How Long Does It Take To Receive My Lab Results?

Depending on how comprehensive your test results are, the time may vary greatly. Generally we see approximately 5-7 business days on most tests, however, due to our in-depth options, some results may take up to 10-14 business days.

### How Long Does It Take To Receive My Treatment?

After your lab results are reviewed by our medical team, treatment orders typically take about 7-10 business days to be processed and shipped. Delivery times may vary based on your location and the specific treatment ordered.

“Optimize You, Uplift Others.”



# 1st Optimal

Health • Hormones • Weight Loss

We look forward to an **Optimal** future together!

## Thank You.

In Optimal Health



(816) 744-6814



MemberSupport@1stOptimal.com



1stOptimal.com

“Optimize You, Uplift Others.”