

Included	1 - 4 Week Comprehensive Stay	1 - 4 Week Foundational Stay	1 - 4 Week Basic Stay	3-Night Reboot Express Stay
Luxury accommodations at our private 40-acre resort: Private bedroom or suite in one of our villas, with shared living area and full kitchen	✓	✓	✓	✓
Access to full resort amenities (pool, jacuzzi, tennis and basketball court, 40 acres of hiking trails, fitness center and yoga studio, movie room, and biohacking longevity and recovery room)	✓	✓	✓	✓
Welcome pack with VeraVia tote bag, journal, water bottle, and welcome gift	✓	✓	✓	✓
Three healthy organic farm-to-table meals per day plus healthy snacks (individualized to your specific dietary needs), prepared by our own Executive Chef	✓	✓	✓	✓
Comprehensive pre-arrival health, medical and lifestyle questionnaire with goals assessment	✓	✓	✓	✓
Comprehensive body composition analysis (InBody 570) and fitness assessments and reassessments	✓	✓	✓	✓
Comprehensive structured daily exercise program customized to your fitness level with additional optional fitness classes	✓	✓	✓	✓
Yoga and guided meditation	✓	✓	✓	✓
Daily educational wellness workshops (nutritional, fitness, medical, and behavioral health) with new workshops each week of stay	✓	✓	✓	✓
Grocery shopping tour, interactive cooking demos, restaurant ordering tips	✓	✓	✓	✓
Two massage treatments each week; One massage for Reboot Express; (*additional spa treatments available)	✓	✓	✓	✓
\$300 credit/week for fitness and wellness add-on services \$200 credit for Reboot Express Stay	✓	✓	✓	✓
Access to our Alum Portal with recipes, health tips, videos, and tons of recourses for success at home	✓	✓	✓	✓
Individual sessions with a Nutritionist (2/week) and Personal Trainer (1/week)	✓	✓		✓
Individual sessions with our Behavioral Health Therapist (2/week)	✓	✓		
Individually tailored take-home Health and Wellness Plan	✓	✓		
After-Care follow-up coaching: “Continued Results Plan”	✓	✓		
Comprehensive blood laboratory tests with analysis and follow-up recommendations	✓			
Individual Naturopathic Doctor Consult (each week of stay)	✓			
Comprehensive Hormone Panel (*3 week stay or longer)	✓			
Follow-up blood laboratory tests to track improvements made during the program (*3 week stay or longer)	✓			