

ONLINE SERVICES

FUNCTIONAL MEDICINE

Functional Medicine can help by bringing precision and personalised medicine together to help you find and correct the underlying causes of your problems or to help improve and optimise your health. It is a holistic approach to health that combines the latest science and technology, such as blood biomarkers, gut and microbiome testing, genetics and more, with a personalised approach that realises that everyone is unique and requires an approach that works for them.

APPOINTMENT	INCLUSIONS	DURATION	PRICE
Discovery Call	<ul style="list-style-type: none"> Meet with our in-house functional coach, to explore exactly how we can improve your general wellbeing 	30 mins	Comp
Initial Appointment	<ul style="list-style-type: none"> Up to 90 Minute Consultation Comprehensive Medical, Health, Nutrition and Lifestyle Questionnaire & Assessment Baseline Biometrics and Physical Exam Custom tailored lifestyle, nutrition, exercise and supplement recommendations Recommendations for and review of advanced biomarker testing 	60-90 mins	\$350
Extended Follow-Up	<ul style="list-style-type: none"> Longer follow up for review of biomarker testing and protocols as needed 	45 mins	\$175
Standard Follow-Up	<ul style="list-style-type: none"> Standard follow up to review progress and adjust plan if needed 	30 mins	\$115

WELLNESS COACHING

Lacking the guidance or motivation to make positive changes in your life? Beat cravings and emotional distractions with the supportive guidance of our wellness coach. Applying a mixture of close coaching and accountability sessions you'll receive everything you need to turn life changing intentions into every day habits!

Discovery Call	<ul style="list-style-type: none"> Complimentary discovery call 	30 mins	Comp
Initial Appointment	<ul style="list-style-type: none"> Review of wellness history Goals breakdown and reset Establish future vision Unpack current situation and barriers to success Create action plan Create accountability check-in system 	60 mins	\$120
Follow-Up Review	<ul style="list-style-type: none"> Progress review Speciality consult: mindset, motivation, limiting beliefs and more! 	45 mins	\$90
Check-Ins	<ul style="list-style-type: none"> Progress review & strategy session Adjust action plan & accountability check-in system if needed. 	30 mins	\$60

NUTRITION

Food is medicine, conversely, a poor diet can wreak havoc on our ability to feel strong, leaving us feeling lethargic and moody, with an inability to gain, maintain and/or lose weight.

Meet with our nutrition expert Anna, to tackle nutritional issues and improve your ability to manage weight and body composition, hormones, gut health and sports nutrition today.

Initial Appointment	<ul style="list-style-type: none"> Comprehensive review of all body systems Food diary review and analysis Goal setting Review treatment plan including customised meal plan Body measurements - if needed 2 week follow up 	90 mins	\$160
Extended Follow-Up	<ul style="list-style-type: none"> Review of food diary Outline and review changes to nutrition plan 	45 mins	\$120
Standard Follow-Up	<ul style="list-style-type: none"> Quick check-in to review symptoms or difficulties with the plan Adjusting nutrition plan as needed 	30 mins	\$80

PHILOSOPHY

BEYOND invites a paradigm shift in healthcare by creating an innovative space that focuses on helping people optimise their health to achieve their full potential.

We achieve this through a fusion of holistic and integrative health and wellness services/products that combine ancestral wisdom and modern science to provide a comprehensive and tailored approach to health and well being.

BULK PACKAGES

FUNCTIONAL MEDICINE

3 MONTH	6 MONTH	12 MONTH
Initial Consultation 1x Extended Consult 1x Standard Consult 6x Coaching Check-ins Access to our Virtual Classes Value: \$1000 Price: \$316/month Save \$50!	Initial Consultation 2x Extended Consult 2x Standard Consult 12x Coaching Check-ins Access to our Virtual Classes Value: \$1650 Price: \$258/month Save \$100!	Initial Consultation 3x Extended Consult 3x Standard Consult 24x Coaching Check-ins Access to our Virtual Classes Value: \$2660 Price: \$205/month Save \$200!

NUTRITION

INTRODUCTION	3 MONTH	6 MONTH
Initial Consultation 1x Extended Consult 1x Standard Consult Access to our Virtual Classes Value: \$360 Price: \$310 Save \$20!	Initial Consultation 2x Extended Consult 5x Standard Consult Access to our Virtual Classes Value: \$800 Price: \$250/month Save \$50!	Initial Consultation 3x Extended Consult 10x Standard Consult Access to our Virtual Classes Value: \$1000 Price: \$150/month Save \$100!

WELLNESS COACHING

1 MONTH	3 MONTH	6 MONTH
Initial Consultation 1x Review Consult 2x Check-ins Access to our Virtual Classes Value: \$330 Price: \$305 Save \$25!	Initial Consultation 3x Review Consult 8x Check-ins Access to our Virtual Classes Value: \$870 Price: \$273/month Save \$50!	Initial Consultation 1x Extended (60 min) 5x Review Consult 17x Check-ins Access to our Virtual Classes Value: \$1710 Price: \$260/month Save \$150!

SPECIALITY NUTRITION

WEIGHT LOSS PROGRAM	GUT RESET PROGRAM
Initial Consultation 3x Extended Consult 8x Standard Consult Weight Support Supplements Weekly Body Measures Weekly Meal Plans & Recipes Shopping Lists Enquire Now	Initial Consultation 3x Extended Consult 3x Standard Consult Gut Support Supplements Gut Specific Assessment Weekly Meal Plans & Recipes Shopping Lists Enquire Now

