



Guide to Membership Benefits



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Guide to Vibrance Membership Benefits

We are pleased that you have chosen Dr. Darren Clair and Vibrance Health to be your partners in creating and maintaining the optimal health you desire. We are excited to be a part of your personal journey and admire your commitment to make an investment in your health. Dr. Clair has designed the Vibrance Membership Plans to provide you with the guidance and support for you to achieve your goals.

Dr. Clair believes that the key to maintaining good health is to work with our body's innate intelligence to keep our systems balanced, which will foster a strong and healthy immune system. With a strong and healthy immune system, the body has a far greater chance to ward off "invaders" like viruses, cancers, and other diseases.

This is what **Lifestyle Medicine** is about:

“Addressing the root causes of disease with evidence-based therapies in lifestyle behaviors such as diet, exercise, sleep, social connectivity and stress.”
– The American College of Lifestyle Medicine

As a Vibrance Member, you will experience an exceptional level of care from our experienced and professional staff. Each member of the Vibrance team is dedicated to providing you the highest quality of service. This *Guide to Member Benefits* is meant to provide you an outline to the basic benefits of the Vibrance Membership Programs. Please refer to your Membership Agreement for the specific details of the Plan you have selected.

Health Optimization Consultations

All Vibrance Members enjoy periodic *Health Optimization Consultations* with Dr. Clair. These extended consultations provide each patient sufficient time and opportunity to discuss their specific health-related concerns in detail with Dr. Clair. Dr. Clair will actively listen and address your concerns, review lifestyle related issues, review any laboratory or diagnostic tests that he may have prescribed, and provide a *Health and Wellness Prescription* for you to follow. Dr. Clair's primary objective will be to look for ways to work with your body's natural healing ability to develop and maintain ultimate good health.

Health & Wellness Coaching

As part of Vibrance's comprehensive approach to health and well-being, Member will be entitled to periodic consultations with our certified Health & Wellness Coach. A health and wellness coach assists individuals who are ready to take control of their health and make lifestyle changes to achieve their goals. Whether related to developing healthy routines, addressing physical or emotional changes, optimizing nutrition, and/or attaining overall health, our Health and Wellness Coach will assist Members to make realistic goals and guide them to reach those goals.



No Wait or Limited Wait Time

At Vibrance Health, we value your time. Every effort will be made to assure that our Members will have minimal or no wait time upon arriving for a scheduled consultation. (We do not double-book Dr. Clair, the nurse, or our Health & Wellness Coach.) If, for some reason, our staff foresees any wait time in excess of 10-15 minutes, we will contact you to advise you of the potential delay.

Telemedicine Services Available

Members will receive the option for telemedicine appointments for consultations and coaching appointments at no additional costs. Telemedicine appointments are facilitated through the *OnPatient portal* using a computer, tablet or smart phone, such as iPhone, iPad, or Android device and a wi-fi or wired connection to the internet. These appointments are secure and compliant with the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

Membership Pricing on Ancillary Services

Vibrance Members will be entitled to a discount on all programs and ancillary services we offer here at Vibrance Health, including: the Vibrance SHAPE weight loss program, vitamin infusions & injections, diagnostic testing, supplements, the CVAC Process, and PEP Stem Cell Therapy.

Discount on Home Visits

From time to time, some patients may prefer an at home visit by the doctor or nurse. Members will receive the option of home visits at a discounted rate.

Special Member Events

Periodically, Vibrance Health will provide Members special events, classes, meditations, presentations, and other opportunities to further our commitment to your health and well-being.

UPGRADED MEMBERSHIP PLANS INCLUDE:

IV Vitamin Infusions

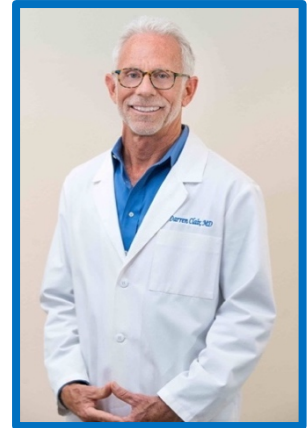
Although the best source of vitamins and minerals is wholesome, fresh, organic foods, many people also benefit from supplemental nutrients in intravenous (IV) vitamin infusions. Several of the Vibrance Membership Plans include periodic “Myers” IV Vitamin Infusions. Please refer to your Membership Agreement for the specific details of the membership plan you select.

CVAC Membership

Regular use of the CVAC (Cyclic Variations in Adaptive Conditioning™) Process has been shown to reduce inflammation, increase circulation, improve recovery, enhance athletic performance, and help with sleep as well as generally increase overall health and well-being. Several of the Vibrance Membership Plans include a CVAC Membership. Please refer to your Membership Agreement for the specific details of the membership plan you select.

Meet the Team

Darren FX Clair, MD has been practicing medicine in the Los Angeles area for over 40 years and has helped thousands of patients improve and maintain their overall health and vitality. He believes that the first step to assisting his patients to obtain optimal health is to spend an adequate amount of time with each patient to obtain a comprehensive review of their medical history, assess their current level of health, lifestyle, and to learn of any symptoms they may be experiencing. Although there are certainly instances where prescription medication is necessary, Dr. Clair's primary objective is to look for ways to work with one's own body's own natural healing ability to develop and maintain ultimate good health.



Dr. Clair is a graduate of Columbia University's *College of Physicians and Surgeons* and completed his postgraduate work at UCLA Hospital. He is a board-certified anesthesiologist, and in 2003, he opened Vibrance Health in order to follow his passion for helping people to use their body's own natural curative powers to heal their ailments and stay healthy. In 2017, Dr. Clair became one of only 300 doctors to have earned the title of *Certified Lifestyle Physician* with the American Board of Lifestyle Medicine.

Dr. Clair was a co-investigator on an FDA-approved investigation of human growth hormone as an anti-aging agent and has published an article on Growth Hormone Replacement in the prestigious *Journal of Medicine*. He has appeared on TV news segments and *The Doctors Show* and has published several articles on variety of health-related subjects.

Amanda Alkire, LVN
Vibrance Nurse

Brittany Bishop
Patient Coordinator
CVAC Technician

Pearl Windle
Receptionist

Marianna Cuomo Maier
Grata Wellness
Certified Health and Wellness Coach

Sheila Shea
Office Manager

