



## Guide to Membership Benefits



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## Guide to Vibrance Membership Benefits

We are pleased that you are considering 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 an outline of the basic benefits included in the Vibrance Membership plans. Please refer to the Membership Agreement for details of the plan you have selected.

### **New Patient Evaluation**

All Vibrance Health Members begin with a New Patient Evaluation, which consists of multiple appointments with Dr. Clair over the initial six-month period of membership. During these consultations, Dr. Clair will spend the time necessary to conduct an in-depth review of your medical history, learn how you are feeling & functioning, and discuss any health-related concerns you may have. He will prescribe specific laboratory and/or diagnostic tests that he determines will be most beneficial for you. Once the testing has been completed, he will review the results in detail and provide you with a *Health and Wellness Prescription*. 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 Optimization Consultations**

Vibrance Members will have ongoing periodic *Health Optimization Consultations* (HOCs) with Dr. Clair. These extended consultations provide you the opportunity and support necessary to ensure that the *Health and Wellness Prescription* is working. Dr. Clair will monitor how you are responding to any prescriptions (such as bio-identical hormones, peptides, human growth hormones, etc.) and make any adjustments that may be necessary to ensure you are feeling and functioning your best. Although most members schedule HOCs quarterly, members may consult with Dr. Clair as frequently as they desire.

### **Health & Wellness Coaching**

As part of Vibrance's comprehensive approach to health and well-being, Members will enjoy 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 attaining overall health, developing an exercise routine, addressing physical and/or emotional changes, and/or optimizing nutrition, 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 a wait time of more than 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 using OnPatient, 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**). If a Member prefers, they can meet with Dr. Clair via Facetime as well. (Facetime is not HIPAA compliant.)

### **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.



### **Membership Pricing on Ancillary Services**

Vibrance Members will enjoy discounts on all programs and ancillary services we offer here at Vibrance Health, including: the SHAPE Weight Loss Program, IV Vitamin Infusions & IM Injections, Stem Cell therapy, the CVAC Process, supplements, and diagnostic testing.

#### ***SHAPE Weight Loss Program***

The Vibrance Health SHAPE Weight Loss Program is a safe, doctor supervised fat loss program that uses human chorionic gonadotropin (hCG) injections in combination with a low-calorie Paleo-type diet. Unlike other weight loss programs, Dr. Clair will investigate the potential medical causes of weight gain, and each patient is closely monitored by our caring and knowledgeable staff to ensure that they are successfully losing fat – not muscle. Patients receive nutritional support and weekly B12+MIC injections to maximize fat loss and help maintain energy and vitality. The SHAPE Program is designed to re-set your metabolism so that you can keep a healthy weight forever.

#### ***IV Vitamin Infusions & IM Injections***

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 or IM Injections. Based on your specific health goals, Dr. Clair may prescribe IV Vitamin Infusions and/or IM Injections. Vibrance Members receive a discount on IV Vitamin Infusions and IM Injections.

#### ***Stem Cell Therapy***

Working closely with one of the premier leaders in the fields of adult stem cell technologies and regenerative medicine therapies, Dr. Clair has developed proprietary stem cell therapy solutions for healing, total-body revitalization, and anti-aging. At Vibrance Health, our stem cell therapy process includes IV Vitamin infusions and the use of the CVAC Process to maximize the amount of stem cells harvested. The result is the significant difference between the two to three thousand stem cells using other processes and the *ten billion* stem cells that our process yields.

By using your body's own stem cells, specifically Particle Enriched Plasma (PEP), our treatment is more effective than using fat stem cells or synthetic stem cells. Through infusion and injection for specific areas of the body, these PEP cells can restore vitality and youthfulness to your body on a cellular level. Once in the body, these stem cells will differentiate into the target tissue thereby creating specific cell regeneration.

#### ***CVAC Sessions***

Based on your specific health goals, Dr. Clair may prescribe using the CVAC Process. 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. Vibrance Members receive a discount on CVAC Sessions.

#### ***Supplements***

At Vibrance Health, we sell only the very highest quality supplements that have been personally chosen by Dr. Clair. The supplements Dr. Clair recommends are evidence-based formulations manufactured with superior raw ingredients.

## GUIDE TO DIAGNOSTIC TESTING

The following is a summary of the blood panels and other testing that are commonly prescribed by Dr. Clair:

### **Comprehensive Hormone Panel**

A *Comprehensive Hormone Panel*\* will provide Dr. Clair with information pertaining to hormone levels, including human growth hormone (and PSA for men.)

\* **Comprehensive Hormone Panel** includes the following tests: *Thyroid Stimulating Hormone (TSH), Free Testosterone, Total Testosterone, Estradiol, Progesterone, DHEA-S, Free Thyroid 4, Free Thyroid 3, Insulin, IGF-1, IGF BP3 and PSA (semi-annual for men)*

### **Comprehensive Metabolic Panel**

A *Comprehensive Metabolic Panel*\* will provide Dr. Clair with information pertaining to your general overall health.

\***Comprehensive Metabolic Panel** includes the following tests: *Total Protein Albumin Globulin (calc) A/G Ratio (Calc) SGOT (AST) SGPT (ALT) Alkaline Phosphatase Bilirubin Total Glucose Calcium Carbon Dioxide (Bicarbonite) Sodium Potassium Anion Gap (Calc) BUN Creatinine BUN/Creatinine (Calc) e.GFR (Calc)*

### **Cardiovascular Panel**

A *Cardiovascular Panel*\* will provide Dr. Clair with information pertaining to your general health of your heart and blood vessels. Any additional metabolic panels prescribed by Dr. Clair will be charged to Members at a *member-only* discounted rate.

\***Cardiovascular Panel** includes the following tests: *Cholesterol. HDL Cholesterol Cholesterol/HDL Ratio (calc) LDL (calc) VLDL (calc) Triglycerides Lipoprotein (a) CRP, Highly Sensitive Homocysteine*

### **Other Blood Panels**

Dr. Clair may order a *Vitamin D test* semi-annually, and/or a *hemoglobin A1C (HgbA1c)* test quarterly. The Vitamin D blood panel will provide Dr. Clair with information pertaining to both your general health, as well as your bone health. The HgbA1c test will indicate your average level of blood sugar over the past 2 to 3 months. This test provides information about the potential for diabetes.

\* **Other Blood Panels** *Vitamin D HgbA1c*

**HeartSmart IMT** – This is currently the best non-invasive test for atherosclerotic heart disease. The results of this test will show if you are developing cholesterol plaque buildup, and indicate how severe it is, whether you have hard or soft plaque, and how much this plaque is narrowing your arteries and decreasing their ability to deliver blood and oxygen to your heart and brain.

Other heart tests, though also helpful, do not provide this much information. The Calcium Score test, for example, in addition to exposing you to radiation, only lets you know if you have calcified (hard) plaque building up in your heart's arteries. This test totally misses soft, non-calcified plaque, while this is valuable information, soft plaque is more dangerous than hard plaque because there is a greater danger of the plaque rupturing and causing a heart attack due to the resulting blockage of the artery or a smaller more distal artery.

Another popular test uses a Doppler probe to measure blood flow through the major arteries in the neck, arms, and legs. The idea is that when there is a decrease in the blood flow through an artery there is a buildup of plaque causing the reduction in flow. While accurate, this test does not detect plaque until the plaque has progressed to the point that the diameter of the artery has been decreased by half. The *HeartSmart IMT*, on the other hand, will show the beginnings of buildup much earlier, well before the diameter is decreased by one quarter.

**Thyroflex** – This is a functional test of the thyroid. Each person is unique and has different needs of the various hormones in order to feel their best. For the thyroid, some people function very well - they have energy, have a good body composition, healthy hair and skin, for example with just very small amounts of thyroid hormone in their bodies. There are others, though, who do not function well unless their thyroid hormone level is higher. Both people are normal, they are just different. As a result of the wide variety in the individuals' thyroid needs the normal range on blood tests are very broad. In fact, the normal range includes 95% of ALL people (*not 95% of healthy people.*) As a result, almost all people are in within the normal range (WNR), and therefore, the typical thyroid blood tests do not tell whether the person's thyroid gland is functioning properly for that individual, the tests only tell that the person does have thyroid hormone.

Dr. Clair is a better approach is a functional test of the thyroid. One of the roles of the thyroid relates to the speed of a person's reflexes. When the reflexes are slow that is one indication that the thyroid may be under performing. The *Thyroflex* test combines scientifically measuring the speed of the reflexes in combination with eliciting symptoms of an under or overactive thyroid. In this way, this test can detect when a person has a problem with how their thyroid is functioning regardless of what their blood tests results suggest. As such it is a more useful test of the thyroid.

**Home Sleep Study** – Sleep apnea (OSA) is a significant health risk that is frequently overlooked. OSA increases one's risk of heart disease, high blood pressure, diabetes, obesity, arthritis, and cancer. Fortunately, this problem can be easily diagnosed in the comfort of your own bed thanks to technology. Just by wearing a device on your finger for a couple of nights, significant snoring and sleep apnea can be detected. In addition, if detected there are now a variety of solutions that can be employed to eliminate sleep disorders that are non-intrusive and do not require traveling with or wearing a CPAP device.

**Adrenal Testing** – Dr. Clair may prescribe a test to determine how your adrenal glands are functioning. The reason for this is to determine your cortisol levels throughout the day. Cortisol is the adrenal hormone that is a major part of the stress response. Cortisol levels normally peak within a half hour of waking up, gradually declines during the day, and are low at night. This pattern allows a person to be awake and alert in the morning and sleepy at bedtime. When the levels throughout the day deviate from this pattern people can have a variety of symptoms from fatigue and mental fog to insomnia and more.

Because it may be difficult to get multiple blood levels It is important to measure the cortisol levels multiple times during the day, including upon arising and at bedtime. Getting one's blood drawn within 30 minutes of waking can be difficult as well as getting blood drawn right before going to bed (if you could even find a lab open at those hours). And even if you did, the stress of getting in the car and driving to the lab as well as the stress of getting your blood drawn will affect the results. Fortunately, cortisol that is released from the adrenals and circulates through the blood stream does get secreted into your saliva. As a result, it is easy, painless and stress free to collect saliva samples and assess how the adrenals are functioning in the comfort of your own home.

**Neurotransmitter Testing** – Many symptoms that people see a doctor for are related to imbalances in the brain chemistry, i.e., the neurotransmitters. These proteins like serotonin and dopamine are responsible for the way neurons in the brain and elsewhere talk to each other. When the levels of these NTs are low or out of balance people can feel a variety of symptoms such as depression, inability to focus, anxiety, fatigue, OCD behavior, and more. Studies show that through analysis of the urine we can tell what levels are present in the brain. In this way we can design a comprehensive program including lifestyle, nutrition, natural supplements and when appropriate natural bioidentical hormones to address any imbalance or deficiencies. In this way we correct the imbalance rather than just managing the symptoms as pharmaceuticals generally do.

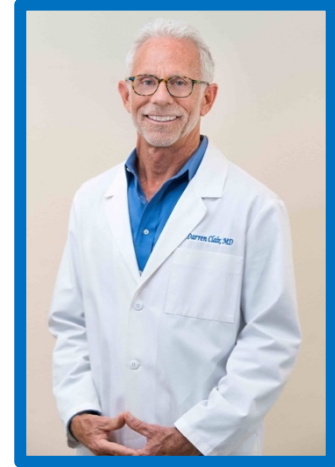
**DUTCH Test** – This is an advanced test of the sex hormones, the adrenal hormones as well as some analysis of the neurotransmitters. The advantage of urine testing is that it allows analysis of the metabolites or breakdown products of the hormones which do have some biological effect and, in some circumstances, can explain why people are having symptoms that are not consistent with the levels of the hormones in the blood.

**Spectracell Micronutrient testing**- Even when people try to eat a good, varied diet it is possible and even probable that a person can be deficient in one or several of the vitamins and minerals that are important participants in the smooth and healthy functioning of the body. Whereas macronutrients – fats, protein and carbohydrates- are very important but without the micronutrients - the vitamins and minerals that your body needs to process and utilize these nutrients, you cannot be optimally healthy. Many people take buckshot approach and just take a multivitamin and mineral and hope they are getting what they need. A more scientific approach is to take what you are missing and in the correct dosage you need for optimum functioning.

**NeuroSteer** – This is a quick and easy test that can help detect a decline in cognitive function due to a variety of causes including: Alzheimer's, Parkinson's, and stress/anxiety. This test utilizes advance analysis of a single lead EEG applied on the forehead while the patient listens to different musical instruments.

## 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 Medical Group 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 a variety of health-related subjects.

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