

Patient Journey Steps

Getting Started

-  Enroll in Gundry Health
-  Initial Care Coordinator Meeting (MH Call)
-  Complete medical questionnaire & health forms



Complete Initial Home Lab Test Kit - 1

- Labs returned to GH for analysis
- Care Coordinate Meeting - Review personal Lab Results
- Nutrition Health Coach Meeting
- Implement suggested care and treatment plan
- Ongoing care coordinator and nutrition coach follow up meetings, typically 3 to 4 meetings, as needed



INITIAL LAB TEST

Complete Home Lab Test Kit - 2



- Labs returned to GH for analysis
- Care Coordinate Meeting - Review personal Lab Results & edit care plan as needed
- Nutrition Health Coach Meeting
- Implement suggested care and treatment plan
- Ongoing care coordinator and nutrition coach follow up meetings, typically 3 to 4 meetings, as needed



DAY 90 - 2ND LAB TEST



Complete Home Lab Test Kit - 3

- Labs returned to GH for analysis
- Care Coordinate Meeting - Review personal Lab Results
- Nutrition Health Coach Meeting
- Implement suggested care and treatment plan
- Ongoing care coordinator and nutrition coach follow up meetings, typically 3 to 4 meetings, as needed



DAY 180 3RD LAB TEST

Complete Home Lab Test Kit - 4



- Labs returned to GH for analysis
- Care Coordinate Meeting - Review personal Lab Results
- Nutrition Health Coach Meeting
- Implement suggested care and treatment plan
- Ongoing care coordinator and nutrition coach follow up meetings, typically 3 to 4 meetings, as needed



DAY 270 4TH LAB TEST

Your journey doesn't end here, Gundry Health continues to guide you toward lasting wellness.