




# 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
- Protocol Review (Supplements & Nutrition)
- Implement suggested care and treatment plan
- Ongoing care coordinator 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
- Protocol Review (Supplements & Nutrition)
- Implement suggested care and treatment plan
- Ongoing care coordinator follow up meetings, typically 3 to 4 meetings, as needed



**DAY 90 - 2<sup>ND</sup> LAB TEST**



### Complete Home Lab Test Kit - 3

- Labs returned to GH for analysis
- Care Coordinate Meeting - Review personal Lab Results
- Protocol Review (Supplements & Nutrition)
- Implement suggested care and treatment plan
- Ongoing care coordinator follow up meetings, typically 3 to 4 meetings, as needed



**DAY 180 3<sup>RD</sup> LAB TEST**



### Complete Home Lab Test Kit - 4

- Labs returned to GH for analysis
- Care Coordinate Meeting - Review personal Lab Results
- Protocol Review (Supplements & Nutrition)
- Implement suggested care and treatment plan
- Ongoing care coordinator follow up meetings, typically 3 to 4 meetings, as needed



**DAY 270 4<sup>TH</sup> LAB TEST**

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