



 R•MEDY^{MD}
HEALTH AND WELLNESS

Core Program

R•MEDY^{MD} CUSTOM PROGRAM

YOUR HEALTH DESERVES MORE THAN A QUICK CHECK-UP.

Core Program

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Your health is your foundation — and understanding it is the first step toward lasting wellbeing. The **R•MEDY^{MD} Core Program** offers a focused approach to preventative care, combining targeted testing with personalized physician guidance to uncover key insights and address potential risks early.

Eligible for full or partial coverage through your Health Spending Account (HSA), it's a smart, accessible way to invest in your long-term health. At R•MEDY^{MD}, we make proactive care simple, practical, and empowering — helping you take charge of your health with confidence.

Your Journey Includes:

1 Comprehensive Health Evaluation

Begin with a 30-minute nurse review covering vitals, lifestyle insights, and testing coordination—followed by a 30-minute physician consultation to assess your history, health goals, and key risk factors. Together, they provide a clear, personalized plan for long-term wellness.

2 Advanced, Targeted Testing

During your one-hour physician consultation your **Level One** specialty test is chosen to match your health history, symptoms, and goals. Moving beyond routine panels, this diagnostic uncovers hidden imbalances and early risks—providing the insight to create a health plan as unique as you are.

3 Cutting-edge Diagnostics

Each evaluation includes one physician-selected screening ultrasound—such as carotid, thyroid, or abdominal—chosen based on your health evaluation.

4 Personalized Results Review & Health Plan

A 45-minute physician session that transforms complex data into clear insights. Beyond today's concerns, we identify risks before they become disease—delivering a personalized plan to optimize your health, extend vitality, and support a longer, stronger life.

5 Follow-up Visits

Four 15-minute follow up visits with your physician ensure your plan evolves with you. Progress is monitored, strategies are refined, and challenges are addressed—so results become lasting changes that support a longer, healthier life.

6 24/7 Virtual Care for A Full Year*

Enjoy 12 months of unlimited virtual primary care access for day-to-day and acute concerns — from colds and infections to prescription renewals and medical advice. This added access ensures you stay supported between assessments, allowing you to focus on prevention, optimization, and long-term wellbeing.

Take control of your health before problems arise. The **R•MEDY^{MD} Core Program** gives you the insight and guidance to stay ahead — so you can feel your best, perform at your peak, and invest in a healthier future.



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Your future health starts with
the choices you make *today.*

Health is Your Most Valuable *Asset*

INVESTING IN PREVENTION TODAY PROTECTS YOUR HEALTH FOR THE FUTURE.

77%

of Canadian adults live with at least one **chronic condition** — the majority preventable.

50%

1 in 2 adults over 40 already have **silent cardiovascular risks**.

4%

Only 4% of Canadians receive care aligned with **prevention guidelines**.

At R•MEDY^{MD} Health & Wellness, We are Changing That.

WE BELIEVE HEALTH IS SOMETHING TO BE PROTECTED, OPTIMIZED, AND PERSONALIZED LONG BEFORE ILLNESS APPEARS.

Our programs are built on a new standard of care:

1

Conventional Medical Knowledge

Delivering expert care built on proven medical science and established standards.

2

Functional & Longevity Medicine

Proactive care that targets root causes, prevents illness, and enhances resilience.

3

Precision Health

Leveraging advanced diagnostics and personalized testing to create strategies as unique as your biology

Meet Our *Experts*



Dr. Rachel Skocylas MD, CCFP, IFMCP

Functional & Precision Medicine Physician

Dr. Rachel Skocylas is a licensed family physician with advanced training through the Institute for Functional Medicine (IFM). She combines the clinical rigor of conventional medicine with the depth of functional and precision health to uncover the root causes of complex symptoms. Using advanced diagnostics and evidence-based strategies, she delivers personalized care plans built around each client's biology, lifestyle, and goals.

At RMEDY, Dr. Skocylas leads a wide range of programs—spanning hormone health, metabolic optimization, specialty testing, and disease prevention—empowering clients to take control of their health, restore energy, and build long-term resilience.



James Leung MD, ABAARM

Functional Medicine Consultant

James Leung is a U.S.- and Asia-trained physician and a pioneer in functional medicine. With decades of experience in internal medicine, gastroenterology, and root-cause care, he has helped shape the field globally. A graduate of Taipei Medical University and board-certified in Anti-Aging Medicine in the U.S., he brings deep clinical insight and cultural fluency in both English and Mandarin.

In addition to his clinical work, Dr. Leung has taught hundreds of physicians across Asia in the principles and application of functional medicine. At RMEDY, he supports personalized programs in metabolic health, detoxification, hormone balance, and preventative care.

Note: RMEDY Health programs are private, holistic offerings focused on proactive health optimization. Fees apply to non-insured services such as diagnostic testing, physician reviews, InBody analysis, and personalized wellness planning. MSP-covered services will be billed by the appropriate provider when applicable. Participation is optional and does not affect your access to public healthcare. Virtual care for appropriate appointments is available 24/7 through our partner and delivered independently by licensed healthcare professionals. RMEDY does not influence timing, availability, or clinical decisions.

R•MEDY^{MD} À La Carte Testing

Precision Testing. On Your Terms.

Not every concern requires a full program. With R•MEDY^{MD}'s à la carte options, you can choose individual tests that provide clear answers to specific health questions. From advanced imaging like Full Body MRI and FibroScan[™], to ultrasounds, cardiac testing, and precision biomarker panels, each test delivers valuable insights to support proactive health and performance.

Testing Options:

Imaging & Ultrasound

Advanced imaging provides a window into your health, revealing what standard checkups often miss. These tools detect silent risks early — empowering timely decisions and proactive care.

- Full Body MRI – whole-body scan for early detection
- FibroScan[™] – liver stiffness & fat analysis
- Ultrasounds for prostate, breast, thyroid, carotid, abdomen, pelvis, kidneys/bladder, lymph nodes, hernia, and DVT

Cardiac & Performance

Go beyond routine measures to see how your heart, lungs, and body function under stress. These insights reveal hidden risks, track resilience, and guide strategies to sustain energy and long-term performance.

- ECG – heart rhythm check
- Cardiac Stress Test – heart under exertion
- InBody[™] Analysis – fat, muscle & metabolism
- HRV / Autonomic Nervous System – stress resilience
- Spirometry – lung function

Precision Biomarker Testing

Uncovers what standard labs often overlook — from nutrient status and hormone balance to genetic risks and hidden inflammation. Identify vulnerabilities early to strengthen long-term health and performance.”

Examples of available testing:

- Micronutrient Analysis – evaluates vitamin and mineral status
- Cancer Gene Screening – detects inherited cancer risks
- Hormone Panels (Male & Female) – measures reproductive and aging hormones
- Oxidative Stress Assessment – evaluates free radical damage and antioxidant status
- Environmental Toxin Analysis – screens for hormone-disrupting chemicals
- Essential Fatty Acid Balance (EMFA) – measures omega-3/omega-6 and metabolic fatty acids
- Stool Analysis & Gut Health – assesses digestion, microbiome, and pathogens
- Inflammation & Cardiovascular Risk Markers – detects systemic inflammation and early vascular risk
- Thyroid & Stress Hormone Panel (HPST) – comprehensive thyroid and adrenal assessment
- Zonulin – measures intestinal permeability (“leaky gut”)
- Hair Toxic Element Profile – detects heavy metals and toxic exposures
- Osteoporosis Analysis – measures bone density and fracture risk
- Detoxification & Gene Analysis – identifies detox pathway efficiency
- Chronic Allergy Testing (IgG & IgE) – evaluates immune triggers