



# Essential Assessment

R•MEDY<sup>MD</sup> CORPORATE SOLUTIONS

PROACTIVE HEALTH — THE SMARTEST BUSINESS STRATEGY.

# Essential Assessment

## R·MEDY<sup>MD</sup> CORPORATE SOLUTIONS

Your health is the foundation of your performance — yet it's often the first thing to be neglected in a busy professional life. The **R·MEDY<sup>MD</sup> Essential Health Assessment** was designed specifically for executives and professionals who value efficiency, clarity, and results. Our evidence-based approach goes beyond a basic check-up to provide meaningful insights into your current health, identifying risks early and helping you build a stronger foundation for the future.

This assessment can be fully or partially covered through your Health Spending Account (HSA) — making it a smart, tax-efficient way to invest in your wellbeing. Just as you invest in education, career growth, and financial planning, investing in your health is one of the most strategic decisions you can make. At R·MEDY<sup>MD</sup>, we help you protect your greatest asset — your health — with precision, convenience, and care.

*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 an **InBody®** body composition analysis, **FibroScan®** liver health assessment, and **one physician-selected Ultrasound** (carotid, thyroid, or abdominal)—providing a clear, data-driven view of your internal health and overall wellbeing.

### 4 Personalized Results Review & Health Plan

A **30-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 24/7 Virtual Care for 3 Months\*

Enjoy **three 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.

At R·MEDY<sup>MD</sup>, we make proactive health care accessible, data-driven, and personalized. The **Essential Corporate Assessment** gives you the clarity and confidence to take control of your wellbeing — before small issues become major setbacks. With actionable insights and medical guidance, you'll be empowered to perform at your best, stay resilient under pressure, and build a healthier future — for yourself and those who depend on you.



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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<sup>MD</sup> 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<sup>MD</sup> À La Carte Testing

## Precision Testing. On Your Terms.

Not every concern requires a full program. With R•MEDY<sup>MD</sup>'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