



MPOWER MD is a comprehensive, medically-based approach to personal wellness. By providing the highest level of access to premier physicians, unsurpassed coordination of care, and physician supervision of exercise and nutrition regimens, we empower our clients to achieve their optimal health.

EXCLUSIVE MEMBERSHIP BENEFITS

⚡ PHYSICIAN DIRECTED SERVICES

- Annual executive physical and integrated wellness consult
- Personalized strategic holistic health planning session
- Same day appointments with our providers Monday through Friday
- Priority access with a medical team dedicated to personalized attention
- Physician-reviewed performance training and nutrition programs
- Same day appointments with Elite orthopedic surgeons
- Complimentary annual flu shot

COMPLIMENTARY WELLNESS SERVICES

⚡ PERFORMANCE TRAINING

- Functional Movement Screen (FMS)
- Performance training session
- Discounts on training package

⚡ ADDITIONAL SERVICES

- Injury consultations with physical therapists
- Discounted V02 Max testing

⚡ NUTRITION

- Dietary analysis & plan with Registered Dietitian
- Goal setting & wellness evaluation
- Resting metabolic rate test
- Discounts on nutrition packages

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MPOWERMD.com