

The Blue Zones™ Health *Model of Care*

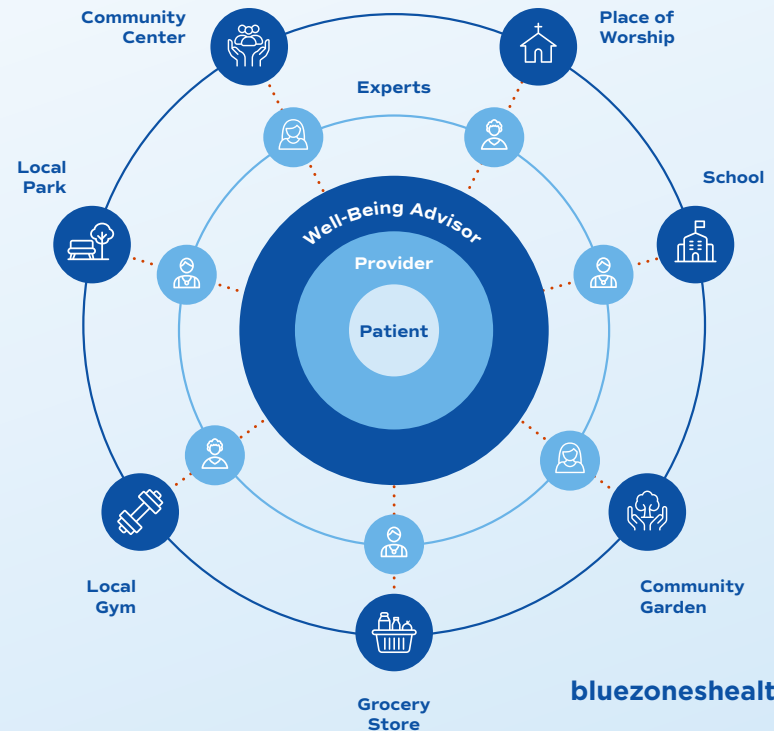


What Makes Us Different?

- ✓ Patient-centered, whole person care led by a physician
- ✓ Support from a Well-Being Advisor and network of experts
- ✓ Care that extends beyond clinic visits into daily life
- ✓ Provider guidance activated through community touchpoints like Community Centers, Walking Groups, Places of Worship, Local Gyms, etc.

“I decided a while ago I wanted to live to be 100. Having a purpose means everything, and we’ve been to many Blue Zones Health classes that drive us to stay healthy. The group that is there every week is consistent because nobody wants to miss it. It’s like a family.”

- Blue Zones Health Patient, Bernice L.



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