

Did You Know

There Are Physicians
Incorporating
Blue Zones® Principles
Into Healthcare?



You may have heard there's a Blue Zones Project® in your community, there are Blue Zones™ Health providers too!

Blue Zones Health combines lessons from the world's longest-lived people with specially certified primary care physicians to treat the underlying cause of disease, thus reducing dependence on medications and surgery.

Proven Results Backed by Science

Better Health Outcomes



20% **Reduction**
in LDL Cholesterol*



12% **Reduction**
in Hemoglobin A1c*



9% **Reduction**
in Body Mass Index*

*On average after two years since joining, while reducing prescription drugs.



Why Choose Blue Zones Health?

- **Prevent chronic disease** that drives 90% of healthcare costs
- **Reduce your needs** for medications, surgeries, and hospital visits
- **Enjoy better health** and low costs with our personalized approach
- **Boost your quality of life** by prioritizing prevention over medication

Ready to Take the Next Step?

If you have Medicare Advantage or Commercial HMO plans, you may be eligible for no-cost services. We are contracted with many health plans. Contact us to see if you qualify!

Learn More



833-LIV-BLUE
bluezoneshealth.com