

Providers,
Did You Know

You can practice
Blue Zones®
as medicine?



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.

Provider Satisfaction



14

Patients
per Day



5:30

Out of the Office
by 5:30pm



+

Enhanced
Financials

You may have heard there's a Blue Zones Project® in your community. Join our mission to empower everyone, everywhere to live better, longer by practicing medicine with Blue Zones™ Health!

Our care delivery model is proven to treat the underlying cause of disease among our patients. Additionally, we have documented some of the highest satisfaction scores in the market.

Why Blue Zones Health?

- ✓ We'll help you earn your certification in Lifestyle Medicine and Blue Zones® principles.
- ✓ Receive guidance and new clinical resources to enhance how you provide care.
- ✓ Access expert-level support to implement Blue Zones programs and care pathways.
- ✓ Our model of care increases both provider and patient satisfaction.
- ✓ Grow your business by offering new services to improve your patients' health at no cost.

"For those of us who have been promoting and practicing preventive health and lifestyle medicine, this isn't just about individual lives - it's about a healthier society, a lighter burden on healthcare systems, and a world where improved well-being is the norm."

- Dr. Wayne Dysinger

Ready to Take the Next Step?

Blue Zones Health's network is rapidly expanding with certified physicians, specialists, and healthcare professionals. We are building healthier communities and reshaping the future of healthcare.



JOIN US

833-LIV-BLUE

bluezoneshealth.com/providers