

EXECUTIVE CLARITY

A structured, year long health optimisation program for leaders.

Clinician-lead | Multidisciplinary | Data-informed | Human-centred

Why This Program Exists

Modern healthcare is largely reactive.
Most wellness approaches are fragmented or lack integration.

Executive Clarity was designed to offer something different — a coordinated, medically governed program focused on long-term health, performance, and resilience.

Delivered over 12 months, the program provides a clear, structured understanding of your health, with ongoing guidance and measurable progress.

Designed For:

- Senior leaders, founders, and executives
- Individuals managing high cognitive and emotional demands
- Those seeking clarity, not quick fixes
- People who value structure, discretion, and expert guidance

What Makes It Different:

- A 12-month longitudinal program, not a one-off health check
- Multidisciplinary clinical oversight (GP, naturopath, nutritionist, performance support)
- Advanced diagnostics interpreted collaboratively, not in isolation
- Concierge-level coordination across all appointments and testing
- Designed for individuals with complex demands and limited time



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Program Structure (12 Months)

Phase 1: Comprehensive Assessment & Baseline (Month 1)

Time: ~2.5 hours

Location: Azure Medical, Cottesloe

A structured diagnostic session to establish your full health baseline.

Includes:

- Comprehensive blood testing collection
- Advanced DNA and epigenetic testing
- Gut microbiome testing
- Cortisol & Adrenal testing
- DEXA body composition scan
- 60-minute GP consultation

Phase 2: Interpretation, Strategy Intensive (Month 3)

Time: ~4.5–5 hours (Half-Day Intensive)

Location: Remede Wellness Medicine, Mosman Park or Telehealth

A dedicated half-day to review results and build your personalised strategy.

Includes:

- In-clinic live blood analysis (30 mins)
- Short break included (breakfast at Glyde Street Café)
- Collaborative consult (GP + Naturopath) (2 hours)
- Nutrition initial consultation (1 hour)
- Psychological fitness initial consultation (1 hour)

Phase 2: Interpretation, Strategy Intensive (Month 5)

Time: 2.5 hours

Location: Remede Wellness Medicine, Mosman Park or Telehealth

Focused follow-up to support implementation, accountability, and early progress.

Includes:

- In-clinic live blood analysis (30 mins)
- Nutrition follow up consultation (1 hour)
- Psychological fitness follow up consultation (1 hour)

Phase 3: Monitoring, Adaptation & Progression (Month 7)

Time: ~1.25 hours

Location: Azure Medical, Cottesloe

Objective reassessment to track progress and guide the next phase of optimisation.

Includes:

- Pathology testing
- DEXA body composition scan
- Epigenetic retesting



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Program Structure (12 Months)

Phase 3: Monitoring, Adaptation & Progression (Month 9)

Time: ~4.5-5 hours

Location: Remede Wellness Medicine, Mosman Park or Telehealth

A comprehensive review and refinement phase, integrating your progress data to optimise outcomes.

Includes:

- In-clinic live blood analysis (30 mins)
- Short break included (breakfast at Glyde Street Café)
- Collaborative consult (GP + Naturopath) (1.5 hours)
- Nutrition follow up consultation (1 hour)
- Psychological fitness follow up consultation (1 hour)

Phase 4: Review, Integration & Forward Planning (Month 11)

Time: ~2.75 hours

Location: Remede Wellness Medicine, Mosman Park or Telehealth

Ongoing support to reinforce progress, maintain accountability, and refine your approach.

Includes:

- In-clinic live blood analysis (30 mins)
- Nutrition follow up consultation (1 hour)
- Psychological fitness follow up consultation (1 hour)

Phase 4: Review, Integration & Forward Planning (Month 12)

Time: ~30-45 minutes

Location: Telehealth

A final review to consolidate your progress and establish a clear path forward.

Includes:

- Comprehensive wellness questionnaire (completed prior to consult)
- 30-minute consultation with lead naturopath
- Review of progress, outcomes, and key health markers
- Personalised recommendations for ongoing care and optimisation



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What's Included:

- All core and repeat diagnostic testing
- Doctor oversight and multidisciplinary consultations
- Nutrition and psychological fitness counselling
- Live blood analysis and reporting
- Concierge coordination of all appointments and testing
- Program reporting and data tracking

Participants also receive:

- \$200 credit toward practitioner-prescribed supplements
- Access to Remede's natural pharmacy
- Nutritionist-formulated protein support products
- Additional testing where clinically appropriate

What You Gain:

You will gain a clear understanding of your health and physiology, supported by a structured and personalised plan tailored to your needs. Throughout the program, you'll receive ongoing guidance and expert input, helping to improve your energy, resilience, and overall performance capacity, while building long-term insight into your health trajectory.

Investment & Intake:

- 12-month program
- \$14,500 per person
- Limited intake (April / May 2026)

**Scan to
Register Interest:**

