



Wellness Program - Welcome Letter

I would like to welcome you to my Wellness Program; a program designed to help you achieve your optimal level of balance in your life and a greater sense of well-being. My focus is on a thorough evaluation for early detection of your specific known and unknown health issues. My goal: you never experience a stroke or heart attack in your lifetime. My purpose is to give you a truer picture of your overall physical wellness and provide you with a proactive plan to assist you in achieving your health goals. Wellness is a dynamic process and it changes with age and circumstance. Understanding your *current* state of wellness helps you set realistic goals and empowers you to make better choices for a healthier life.

I encourage you to visit my website prior to your next visit: www.gordongunnmd.com. Click on the Women's Wellness tab and review these two articles from the drop-down menu. Additional articles are listed and are available for your review.

1. **Wellness Program Summary – Achieving a Sense of Balance & Well-Being**

In addition to your screening carotid artery vascular ultrasound (called CADs) you may also choose to have a screening *Ultrasound Body Scan* examination. If you wish to include any of these additional ultrasound screening exams, including the thyroid, abdomen and pelvic organs, please call the office to schedule an appointment.

2. **4myheart Risk Reduction Program – Information Sheet.** Explore the 4myheart website by clicking on the links to the articles I have listed for you. The *4myheart Testimonials* tab at the bottom of the page is worth your watching.

Attached is a **Berkeley Lab Request Slip** for your HeartLab Advanced Cardiovascular Tests & HeartLab Genetic Tests – Please have your blood drawn at least 2 weeks prior to your next scheduled appointment to insure the results will be available. Fast for 12 hours prior to having your blood drawn, if you are having additional annual lab tests. These special blood panels include a comprehensive cardio-vascular analysis and genetic carrier status for your risk of heart disease and stroke as described in the Wellness Program Summary.

Berkeley Labs is committed to your cardiovascular wellness and, as such, will waive any payment due should your medical insurance company deny coverage for any of these tests.

I look forward to reviewing your results and introducing you to the **4myheart Risk Reduction Program**.

Kindest regards,

Gordon C. Gunn, M.D.