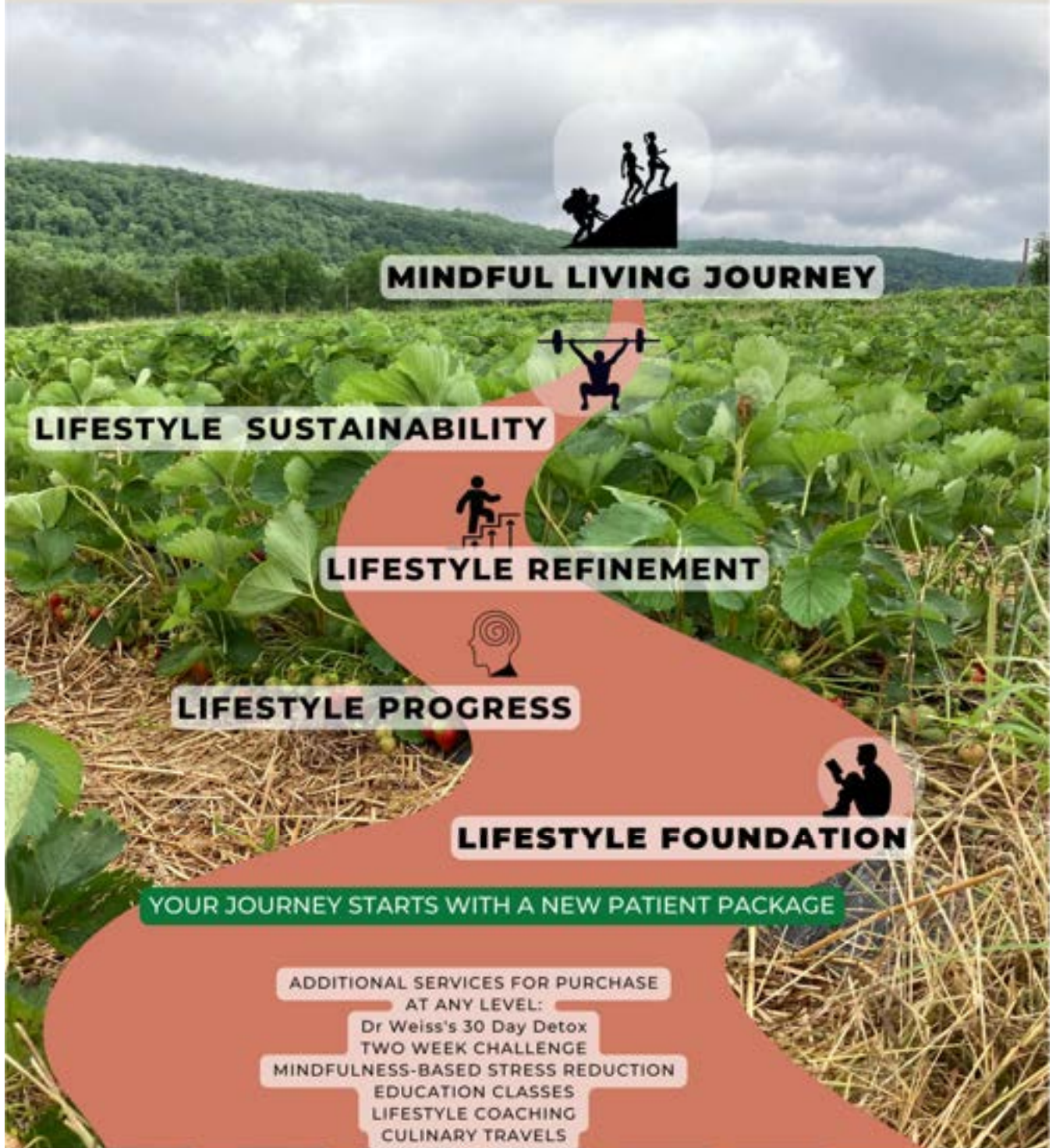


PATH TO THE BEST YOU



NUTRITION

FITNESS:
MOVEMENT/
ACTIVITY

STRESS
MANAGEMENT

SLEEP
HEALTH

AVOIDANCE
OF RISKY
SUBSTANCES

SOCIAL
CONNECTIONS

CONNECT
TO
NATURE

The pillars of Lifestyle Medicine

Welcome to The Path to 'Mindful Living Journey'

Ethos Primary Care is striving to become your primary care wellness manager. We want to take this opportunity to explain the 'Path to the Best You' which is an investment in yourself.

Congratulations on taking an important step toward investing in your health. At Ethos Primary Care, you will have access to an entire team of caring lifestyle medicine practitioners who will help guide you to live your best life using evidence-based tools and practices.

At Ethos, we work as a collaborative care team to support you in your health journey and help you achieve your goals. Our approach is different from other primary care medical practices because we take a comprehensive view of your health and work to identify the root cause of health issues. We don't believe in placing a quick fix band-aide solution and sending you on your way. We take the time to be proactive and do our best to anticipate health issues before they arise.

We believe in true preventative health care. Our goal is to help you prevent taking unnecessary medications and trade in your prescriptions for healthy lifestyle habits that will last a lifetime! Our comprehensive approach assesses your health across 7 pillars of healthy living – 6 pillars from the American College of Lifestyle Medicine and one additional pillar unique to our practice.

Ethos Pillars of Mindful Living:

- Nutrition
- Fitness: Movement/Activity
- Emotional Wellbeing/Stress Management
- Sleep Health
- Avoidance of Risky Substances
- Social Connection
- Connection to the Natural World. (e.g., nature, microbiome)

Due to our integrated and comprehensive approach of applying the 7 pillars to healthcare, we don't see patients on a "one off basis." We created tiered programs to best support patients across different stages of their health journey. We welcome all patients and meet individuals where they are at, no matter what nutritional practices they currently follow or where they are in their health journey.

When you first join Ethos Primary Care, you will participate in our **Introductory New Patient Package** (2 doctor's visits, 2 lifestyle coaching visits, and 1 movement evaluation.) Once you've completed your initial visits, our team will recommend a program package that best supports your health needs and lifestyle goals. The description of movement evaluation

Below you will find a brief description of each of our programs. Each program is suitable for new or existing patients and is based on our team's assessment of your needs. In each of these programs, Dr. Weiss will be your primary care physician working closely with one of our lifestyle coaches to support you every step of the way.

Lifestyle Foundation: This "entry level" program is a year-long immersion into healthy living and is best suited for people who are starting their health journey and are looking to improve their health, reduce or remove medications, prevent potential health issues or are having health issues even after knowing a lot about whole food plant-based lifestyle change.

Lifestyle Progress: This program is a year-long immersion into developing a mindfulness practice toward making lifestyle changes. MBSR (Mindfulness Based Stress Reduction) program is included. One has a great opportunity to improve their health and wellness journey, reduce or remove medications, prevent potential health issues or are having health issues even after knowing a lot about whole food plant-based lifestyle change.

*Please note that the MBSR (Mindfulness Based Stress Reduction) program must be completed during or before joining any of the below programs. It is a prerequisite. Submission of your MBSR completion may be requested.

Lifestyle Refinement: This year-long program is for those who are committed to healthy lifestyle change. You will relearn and strengthen the education needed to implement lifestyle changes. This program focuses on developing independence skills, learning to recover from setbacks, and ensures the investment you made in your health will pay off.

Lifestyle Sustainability: This year-long program continues to strengthen your lifestyle change journey and helps you sustain the skills needed for making permanent lifestyle changes to address your health and wellness goals. It is designed to help people sustain the changes they've already made in a long-term way. It helps prevent setbacks and ensures the investment you made in your health has lasting benefits.

Mindful Living Journey: This year-long program is designed for those who have achieved a level of maintenance for their health. It is for those who have adopted a whole-food plant-based

lifestyle that helps them prevent or control chronic illness and are living their best and healthiest lives possible.

Annual membership benefits: All our program members benefit from socially connecting with like-minded people. You will have exclusive invitation to our meetup group where you can attend potlucks, hikes, and our annual holiday party. You will also get discounts on our public events, [such as Dr. Weiss' Mindful Living Retreat.](#)

Additional services available for purchase individually for those not participating in our year-long programs.

1. [Dr. Weiss' 30-Day Detox:](#) A high-intensity medically supervised program ideal for people who want to quickly reverse serious medical conditions or overcome food addictions. Your focus will be to address and reset your tastebuds, microbiome, and emotional connection with food and eating.
2. [Dr Weiss' 2-Week Challenge:](#) For newcomers to the whole food, plant-based world or anyone looking to get to know Ethos at a self-guided pace or at a lower cost.
3. [Education Classes:](#) We offer a large variety of education and real-life application classes to help guide you in making better lifestyle choices to reach your health goals. They are designed to provide you with the foundation and tools you need to conduct effective decisions for a better sense of overall well-being. Syllabus is at the end of this information package.
4. [Mindfulness Based Stress Reduction Program \(MBSR\):](#) MBSR makes us aware of our emotions in real time. By being aware, or mindful of emotions, we are afforded the opportunity to change our responses to stressors, so they are no longer reflexive, no longer reactive. Becoming mindful of our responses through the practice of MBSR can assist in forming the behavioral changes necessary to reverse and prevent chronic illness. This is an 8 week program offered in Spring(evenings) and Fall(mornings) each year.
5. [Movement Evaluation:](#) Our Movement Assessment and Performance Benchmarks are designed to test key elements of practical physical competency and preparedness for your next level of life. More specifically, they test the patient's motor abilities (skillful technique, memory/retention, consistency, efficiency, adaptability) and work capacity development (strength and conditioning). Successful performance is a strong indicator demonstrating preparedness and safety for a long life. Our assessment focuses on physical competency over micro and macro movements, which correlate directly to your capability in life. After the assessment, you will be provided with skills and regressions to incorporate into your daily movement practice.

For complete details of each program including the comprehensive services that are included as part of the package, please review our [website](#) .

We hope this gives you a glimpse into what you can expect at Ethos. We are redefining healthcare by educating and empowering our patients to make lasting health-altering lifestyle changes.

If traditional medicine is letting you down, join us and discover the Ethos difference.

*Non-Member is joining without the continuity or new to Ethos Programs.

**Member is renewing for the next year.

NOTE: Dr. Weiss is out-of-network with insurance. He chooses to practice outside of the limitations of insurance company standards. He is a board-certified Lifestyle Medicine physician (as well as a board-certified Internal Medicine Specialist) and educates his patients on preventing, reversing, and/or curing chronic disease through lifestyle changes that he will recommend to you based on your personal health goals. Since Dr. Weiss is out-of-network, payment is due at the time of service. After your visit, we will provide you with a superbill, which is a receipt with diagnostic and procedure codes that you can submit to your insurance company for reimbursement. If you have out-of-network benefits, your insurance company will reimburse you up to a certain amount based on your specific insurance plan. You can contact them ahead of time to see what out-of-network benefits are available to you.

PLEASE REVIEW these important documents to guide you in how Ethos Primary Care can Partner with you on your wellness journey.

Communication Preference <https://ethosprimarycare.com/s/Communication-preference.pdf>

Non-Medicare Pricing <https://ethosprimarycare.com/s/Level-1-Non-Medicare-Pricing.pdf>

Medicare Pricing <https://ethosprimarycare.com/s/Level-1-Medicare-Pricing.pdf>

Education Classes - 12 education class videos, covering various aspects of healthy eating and mindful living. Each class will have a corresponding online live group session with a Lifestyle Coach. The participants have an opportunity to meet as a group to explore and learn. The order in which each participant will receive these monthly education classes will be as follows:

Education Class 1 - The Pleasure Trap: This class offers unique insights into the factors that make people vulnerable to dietary and lifestyle excesses and presents ways to restore the natural biological processes of the body, mind and spirit. You will understand the nature of the trap most of us fall prey to unconsciously, and how to liberate ourselves from the trap to create a life that is supported, not hindered, by our health.

Group discussion for this class is the 1st Tuesday of each month at 6pm.

Education Class 2 - Fats: Good versus Bad: This class offers an introduction to fats and explains the science, myths and controversies surrounding this essential macronutrient. Learn about the fats that enhance our health, as well as those that damage it.

Group discussion for this class is the 1st Tuesday of each month at 6:30pm.

Education Class 3 - Practicing to Succeed: This class gives many tips on how to stay on track with your health goals. You will learn how to plan, prioritize, and develop habits and practices to achieve success for your health.

Group discussion for this class is the 1st Tuesday of each month at 7pm.

Education Class 4 - Health: Prevention versus Maintenance: This session explains how plant-based foods contribute to healing and health, how we remain connected to our childhood diets, and why disease prevention will always outshine disease treatment. Learn about the long-term benefits of a whole plant-based food diet and how it can help prevent many major diseases.

Group discussion for this class is the 1st Tuesday of each month at 7:30pm.

Education Class 5 - Special Occasions: Vacations, Family Events, and Parties: This class offers an in-depth discussion of planning, packing, and entertaining without compromising your health goals. Learn to manage expected and unexpected situations when you are not in your normal routine to keep health on track. Bonus: Increase your health per dollar spent by learning more effective ways to save money and invest in a healthy you.

Group discussion for this class is the 2nd Tuesday of each month at 6pm.

Education Class 6 - Common Myths about Nutrition: This class will focus on Protein, Calcium and Calories. It will dispel the many common myths that we have learned that cause us to make less than optimal dietary choices.

Group discussion for this class is the 2nd Tuesday of each month at 6:30pm.

Education Class 7- The Causes of Lifestyle Chronic Disease: This class offers an in depth understanding of the most common diseases that disrupt many lives. You will also learn how healthy lifestyle changes can work to reverse many common diseases.

Group discussion for this class is the 2nd Tuesday of each month at 7pm.

Education Class 8 - Methods of Cooking and Storing: This class covers basic cooking methods as well as the methods that retain and allow the most nutrients in your meals. You will also learn the benefits of several kitchen machines and gadgets that simplify your cooking experience. While there are no shortcuts to health, learn how the right tools can enhance efficiency, convenience, and taste.

Group discussion for this class is the 2nd Tuesday of each month at 7:30 pm.

Education Class 9 - The Importance of Exercise: This class features the importance of movement and fun activities for your overall well-being and health. Understand how exercise contributes to health in ways far beyond the obvious.

Group discussion for this class is the 3rd Tuesday of each month at 6pm.

Education Class 10 - The Importance of Mental Health: This class discusses some of the causes of stress and discomfort and offers an introduction to mindfulness meditation. Our thoughts create our feelings, and our feelings drive our actions. You will be introduced to ways to channel your thoughts and feelings in a positive way.

Group discussion for this class is the 3rd Tuesday of each month at 6:30pm.

Education Class 11 - The Role of Supplements: This class will answer important questions such as “Where do nutrients come from” and “Which ones do we need and why?” At times, we may need to “supplement” our whole food, Plant-based diet. Learn why, when, and how.

Group discussion for this class is the 3rd Tuesday of each month at 7pm.

Education Class 12 - Connecting the Health of Humans, Plants and the World Around Us: This session explains the relationship between our health and that of our planet, positioning participants as a steward of both.

Group discussion for this class is the 3rd Tuesday of each month at 7:30 pm.

Real-life Application:

Real-life Application 1 - Grocery Tour Video: Your grocery store is the heart of your health, and learning to maneuver your cart toward health-advancing food is the message. This virtual tour will illuminate the hidden, must-have ingredients to create the foods you love at home.

Participants will explore foods they never knew about. Gain insight into what to avoid, and how to scrutinize nutritional/ingredient labels.

Real-life Application 2 - Let's Toss in Person Class: Yes, it's all about the salad. Participants will learn how to craft fresh, easy, and nutrient-packed meals, and will get to experience how they can be delicious, too. Suddenly you will look at salads completely differently and look forward to making this an integral part of your lifestyle. Please note, you can only take Let's Toss once. Plan to take this class after your detox. If you do not plan to do the detox then take this class after you complete the EC1

This class will be every other month on the fourth Tuesday.
(February, April, June, August, October)

Real-life Application 3 - Dining Out In Person Class: This experience will allow participants to enjoy a restaurant meal with like-minded people with similar health goals. More importantly you will learn how to make healthful choices while maintaining your social/professional travel needs. Please note, you can only take Dining Out once. Plan to take this class after you complete the Lets Toss class

This class will be every other month on the fourth Tuesday.
(March, May, July, September, November)