

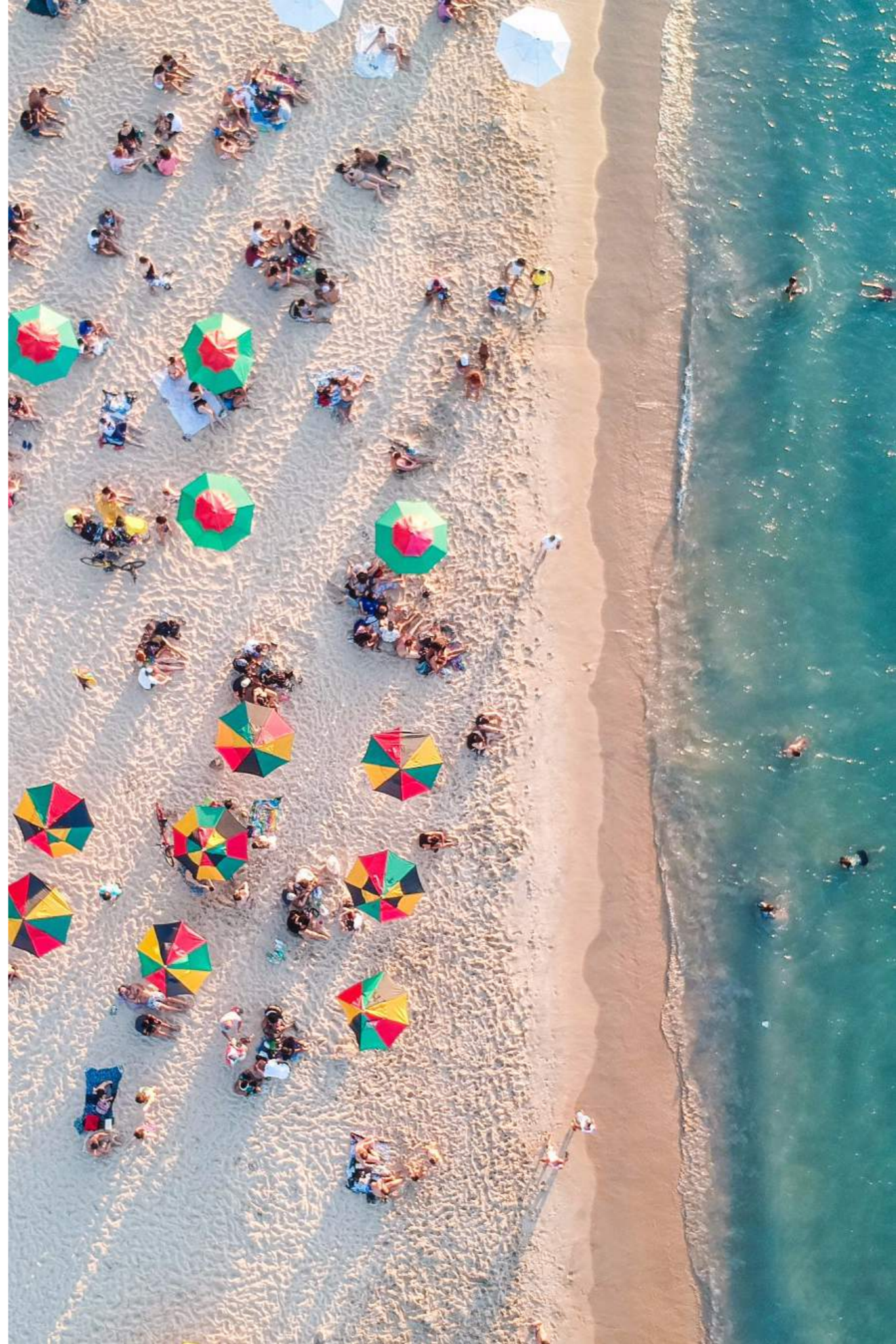
# ZELLA

Catalog of Services

# ZELLA

Check-In. Check-*Up*. Check-Out.™

We believe all travel has a purpose, and health is more than one's physical well-being. By focusing on health during travel, you intentionally experience wellness in an innovative way. No matter the treatment or care pursued, the result is always the same: your body, mind, and spirit return home anew, refreshed and revitalized, and ready to present your best self to the world. Allow us to take the stress out of your itinerary, so you can focus on what really matters: your wellness.





## The *New* Way to Travel

No matter for work or leisure, ZELLA was created to enhance your travel experience with affordable, high quality health and wellness opportunities that would rival any option back home.

We work side-by-side with you every step of the way to help craft your ideal preventive health travel experience, from wheels up to wheels down. We make sure that your needs and desires are always accommodated to your liking.

We are confident that once you try preventive health travel for the first time, you will absolutely love all of its game-changing advantages, from significant savings to on-demand scheduling, all wrapped up in a much-needed getaway.

## We Streamline the Complicated

With ZELLA, you benefit from having an entire concierge team at your disposal. Your concierge care team consists of Medical Travel Advisors in the U.S., and Health and Travel Facilitators at your destination. All team members possess a highly specialized integrated knowledge of health and travel services. Rest assured that they work tirelessly on your behalf to proactively solve predictive and unforeseen problems on the front-lines *and* behind-the-scenes before, during, and after your travel experience. Their goal is always to stay a step or two ahead of the rest, resolving issues before they even arise.

As your personal troubleshooters, your concierge team cuts through the red tape for you. This includes stepping over all of the obstacles that have previously prevented people from going abroad for health care. For example, your concierge team has already resolved the following for you as much as possible: language and cultural differences, complicated administrative and bureaucratic protocols, travel logistics, medical scheduling, and health care provider referral. Additionally, your concierge team acts as a personal advocate for you every step of the way, making sure your best interest is always top priority, whether it comes to securing low and fair pricing to gaining the best treatment possible.



## **By Your Side, Whenever You Want Us to Be**

We are here to turn your apprehension into amazement, both before and after departure for your destination.

We can arrange for destination facilitators to be present at medical appointments, consultations, or travel excursions, to name only a few. In fact, our entire concierge team is always available to you, whenever you need them. You just say the word, and we will be there, every time.

We take personalized care seriously, and interpret its breadth and depth liberally. As an extension of the personalized care we offer you, we always try to be mindful of caring for the needs of your traveling companion(s), whenever possible.

## **It's All in the Details**

Looking for something completely new and different? That's our specialty. We combine health and travel services you never thought possible by means you never thought accessible. From our unique expertise to the extra special touches and attention you won't find anywhere else, we believe our difference is *all in the details*.

Imagine: Completing your Wellness Check-Up in the morning, and by mid-afternoon relaxing on a tropical beach. Or, perhaps a helicopter ride around the Christ statue followed by a hike up Sugarloaf mountain. Maybe even a plastic surgery consultation before a sunset sail along Guanabara Bay. For a quick enhancement, how about a laser teeth whitening and CoolSculpting® session before an excursion to the chic colonial village of Paraty followed by light island hopping?

Each treatment itinerary and experience is highly customized to your specific health needs and travel preferences. Our obsessive attention to detail and commitment to affordable luxury preventive health travel translates to you worrying less over logistics, and relishing more in the white glove service you deserve.



*Introducing*

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# THE WELLNESS CHECK-UP

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## **Not Your Ordinary Check-Up**

Preventive health care is not nearly as valued as it should be in the United States. The U.S. Preventive Services Task Force plays a pivotal role in establishing national limitations, guidelines, and regulations regarding the types of health exams authorized and covered by insurance, as well as the allowable frequency in which doctors can administer them to patients.

For cost-effective reasons alone, many insurance companies may refuse to cover already expensive diagnostic testing in the U.S. as part of routine annual screenings. Chances are high that the few privileged American adults regularly receiving preventive health services are paying exorbitant prices for subpar testing.

With the Wellness Check-Up, preventive health care becomes a reality, and not a distant dream. You gain access to a whole gambit of non-invasive diagnostic exams for a fraction of the cost in the U.S. The Wellness Check-Up provides you with the most affordable option to finally achieve the comprehensive preventive health care that you require and deserve. It's time to stop being overcharged for health care, and instead time to receive a whole lot more in return.





## Complete Head-to-Toe Evaluation

The Wellness Check-Up is more than just a full body annual physical examination. It is an experience in self-care that extends far beyond the routine fragmented data collection you receive at home. More specifically, the Wellness Check-Up consists of a series of thorough diagnostic screenings that position your results in relation to one another, and in the context of your day-to-day lifestyle.

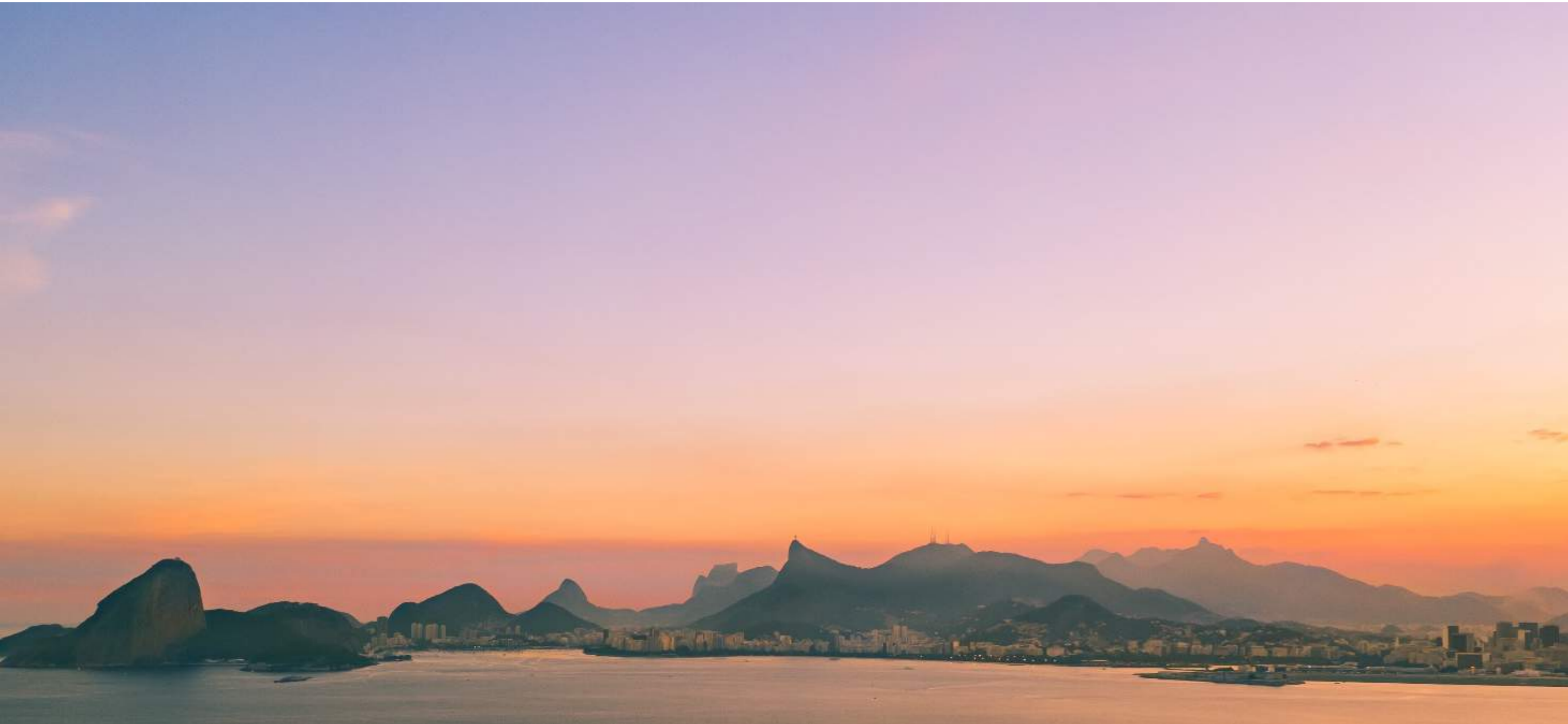
To start, choose from two Wellness Check-Up options: the Signature or the Elite. The primary difference between the two is the addition of two diagnostic exams in the Elite Wellness Check-Up: (1) Computed Tomography (CT) Angiography of Coronary Arteries with Calcium Scoring; and (2) Magnetic Resonance Angiography (MRA) of the Brain and Carotid Arteries. The Elite Wellness Check-Up is particularly valuable for clients 45 years or older. Depending on your medical history and/or current health status, your health care providers may suggest more or less exams than the aforementioned guideline.

## Tailor-Made to Your Needs

Wellness is not a one-size-fits-all product. For this reason, the Wellness Check-Up is *not* a generic travel package with predetermined travel dates, procedures, treatment care plans, and excursions. Instead, the Wellness Check-Up is customized to your unique specifications, such as health status, availability, goals, and budget.

Catering to your unique needs and preferences, one of our skillful U.S. based Medical Travel Advisors will handcraft a treatment itinerary befit only to your highest satisfaction. Prior to departure for your destination, you will be asked to complete a pre-medical travel questionnaire that will be evaluated by your destination health care providers. Based on your medical history and current lifestyle, your health care providers will recommend additional diagnostic screenings and treatments, if necessary.

You may also make your Wellness Check-Up uniquely yours with an extensive selection of add-on services, offering an unlimited number of mix-and-match combinations (Elite only). This is particularly valuable if you know you need specific exams, treatments, or speciality expertise, acute or chronic pain addressed, and/or annual maintenance and monitoring.



## Performed Only By the Very Best

ZELLA has spent years scouting and vetting only the best destination hospitals, clinics, doctors, surgeons, accommodations, and tourism providers. We pride ourselves in maintaining the highest standards when it comes to the following provider selection criteria: cleanliness, expertise, language proficiency and competency, licensing, certifications, accreditations, technology, exclusivity, bedside manner, and amenities.

During your Wellness Check-Up, you will have a team of top health care specialists at your disposal, coupled with your destination facilitator(s). This translates to you having extremely attentive personalized care while at your destination. As a result, you will experience decreased wait times in between procedures, access to a high number of available doctors and medical opinions to create the best treatment plan for you, increased medical attention and direct interaction with top doctors, and greater efficiency to catalyze your recovery, if necessary, to name only a few.

What's more is that medical doctors and specialists, not technicians, nurses, or physician assistants, are typically the ones performing procedures and interpreting results in real time.

## Life Changing, Perhaps Even Life Saving

At ZELLA, we believe first in proactive discovery, and then in reactive detection. The real value of the Wellness Check-Up lies not only in saving thousands of dollars, but also in saving lives from significant findings.

The Wellness Check-up allows you to conduct routine screening for early detection and staging of potential health problems. This is particularly important for catching asymptomatic or latent conditions before it's too late.

In the event that your check-up produces expected or unexpected results that require further action, a next steps treatment protocol will be communicated to you by your health care providers. As a ZELLA client, you will be afforded on-demand scheduling of same day investigative diagnostic testing and expedited review if you elect to address conditions at your destination. If you choose to pursue follow-up care after returning home, you will have your diagnostic images and test results to share with your doctor. No matter which decision you make, your ZELLA concierge care team can assist you in doing what's right *for you*.



*All Within Reach*

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**OUR  
ASSURANCE  
POLICY**

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**On Your Terms,  
Without Compromise**

Our assurance policy ensures an unrivaled, sophisticated Wellness Check-Up experience for your annual escape for self-care.

When life happens and plans change, both the Signature and Elite Wellness Check-Up permit unlimited rescheduling for a period of one year from contract signing, no questions asked.

Additionally, you have unlimited access to our exclusive referral network of top health care providers and luxury travel suppliers and operators, including special pricing, status, and amenities. From five star accommodations and excursions to diagnostic screenings and treatments, rest assured that we have the connections to make virtually any request a reality. While we do not issue ticket stock or own or manage facilities directly, we pass down special pricing and exclusive amenities from our preferred providers on to you. We also offer unlimited concierge care assistance before, during, and after your trip.

Only the Elite Wellness Check-Up allows for unlimited transfers to family, friends, and colleagues, and the ability to customize with add-on bookings. Please note that you may upgrade from Signature to Elite at anytime.



# SIGNATURE

## Privileges

Unlimited Check-Up Rescheduling\*  
Unlimited Concierge Care Assistance  
Unlimited Network Access

## Check-Up\*

Urinalysis  
Fecal Occult Blood Test  
Total Abdominal Ultrasound  
Comprehensive Blood Work  
Color Doppler Echocardiogram  
Resting Electrocardiogram (EKG)  
Cardio Exercise Stress Test with EKG  
Carotid & Vertebral Doppler Ultrasound  
Low Dose Computed Tomography (CT) of the Chest  
Expedited Electronic & Hardcopy Results in English  
Hour Long Consultation in English  
Detailed Medical History Review  
Prostate Ultrasound (Males Only)  
Mammography (Females Only)  
On-the-Ground Transportation  
Routine Physical Examination  
Gourmet Brunch & Lunch  
VIP Status

# ELITE

## Signature Privileges & Check-Up

*- plus -*

## Privileges

Unlimited Transfers to Family, Friends, & Colleagues\*  
Unlimited Add-On Bookings

## Check-Up\*

Computed Tomography (CT) Angiography of Coronary Arteries with Calcium Score  
Magnetic Resonance Angiography (MRA) of Brain & Carotid Arteries

OR

\* Please Note: Every Wellness Check-Up is divided into two payments. The first is due on signing, and the second is due immediately upon services rendered by affiliate providers on location. Health services are only performed by affiliate health care providers not employed or managed by ZELLA. A convenience fee of \$500 will be charged per instance that the Wellness Check-Up is scheduled, canceled, changed, or transferred within ten business days of departure.



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# General Health Risk Assessments

## **Comprehensive Blood Work**

Comprehensive blood work measures specific liver and kidney functions, blood glucose levels, limited vitamin, mineral, and electrolyte levels, blood count, and the body's fluid balance. Having comprehensive blood work drawn enables diagnostic detection of cancer, anemia, leukemia, diabetes, and other illnesses, as well as provides you with a baseline knowledge of your overall health for comparative purposes over time.

## **Urinalysis**

Urinalysis is used to detect and manage numerous disorders, such as urinary tract infections, diabetes, and kidney disease, among others.

## **Fecal Occult Blood Test**

The fecal occult blood test (FOBT) is used to detect hidden (microscopic/occult) blood in the stool, which may indicate the presence of colon cancer or polyps in the colon or rectum. Immunochromatography is used to rate a FOBT as positive or negative.

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# General Health Risk Assessments

## **Total Abdominal Ultrasound**

A total abdominal ultrasound takes non-invasive (painless) images of your liver, intestines, kidneys, gallbladder, pancreas, spleen, bladder, blood vessels, and appendix with sound waves (ultrasound). This exam is used to diagnose, detect, monitor, and manage disease, tumors, enlargement, and other abnormalities on and around the aforementioned organs without needles, shots, or surgical incisions.

## **Detailed Medical History**

Your doctors will obtain a detailed medical history from you, both before departure with your responses to the pre-medical travel questionnaire, and after arrival during your check-up. A detailed medical history allows your health care providers to customize the Wellness Check-up to the current risk factors that affect your health.

## **Routine Physical Examination**

A routine physical examination involves checking your vitals, including, but not limited to, weight, blood pressure, and heart rate. Additionally, your doctor will assess your motor functions, reflexes, and physical signs of any abnormalities.

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# General Health Risk Assessments

## + **Nutrition Blood Panel**

A nutrition blood panel is a seamless addition to your comprehensive blood work. This panel measures vitamin, mineral, amino and fatty acid, and antioxidant levels. A nutritional panel may help identify deficiencies and imbalances in the diet that may affect your physical and mental health.

## + **Allergy Blood Panel**

A fully customizable addition to your comprehensive blood work, your allergy blood panel measures antibodies in the blood for specific allergens to foods, latex, drugs, chemicals, pets and animals, fungi, mold, insects, and/or pollen.

## + **Sexually Transmitted Infections Blood Panel**

The sexually transmitted infections (STI) blood panel tests for Chlamydia, Gonorrhea, Trichomonas, and Mycoplasma. The option to include HIV, HPV, HSV, and/or Syphilis may also be arranged upon request.

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# General Health Risk Assessments

## + **Frequent Flyer Check**

If you spend a lot of time on an airplane for work or pleasure, you may want to consider adding the Frequent Flyer Check to your check-up. This check consists of a series of diagnostic exams that test for hearing loss, dizziness, nausea, vertigo, ear pain, and throat and nasal pain/abnormal sensations, to name only a few.

## + **Eye Check**

The eye check bundle includes tonometry to test for glaucoma, Fundus photography to test for diabetes, a visual acuity exam, and refractive services for glasses/contact wearers. We can also book you in for a LASIK candidacy screening if you desire.

## + **Vaccinations**

ZELLA can arrange consultations with travel medical specialists to discuss and administer any vaccines or shots you may require for upcoming international travel, such as yellow fever if you plan to visit the Amazon.

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# General Health Risk Assessments



## **Spirometry**

Spirometry helps to measure breathing function, as well as to detect emphysema,, asthma, bronchitis, and other airway disorders.



## **DEXA Bone Density Exam**

Primarily used to detect osteopenia, osteoporosis, and future fracture risk, a bone density scan is performed using special X-RAYS or CT. The procedure generally measures the bone density of the spine, lower arm, and hip.



## **Alternative Therapies, Spa Services, Massage, & Acupuncture**

Looking for non-biomedical treatments to help you relax and manage chronic stress and symptoms? Or perhaps you would like a second (non-biomedical) opinion regarding your ailment(s). Ask a Medical Travel Advisor about which alternative and complementary treatments and procedures we have on local circulation at your chosen destination.

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# Cardiovascular / Coronary Artery Disease Risk Assessments

## **Resting Electrocardiogram (EKG)**

An EKG/ECG (electrocardiogram) measures the electrical signals of your heart. This exam can detect irregular heartbeats, blocked arteries, and other (serious) heart conditions.

## **Cardio Exercise Stress Test with EKG**

A cardio stress test involves walking/slight running on a treadmill at different speeds while attached to an ECG/EKG machine to monitor breathing difficulty and blood pressure. This exam is used to determine overall heart health, individual levels of safe physical activity, coronary artery disease, heart rhythm abnormalities, and risk of heart attack.

## **Color Doppler Echocardiogram**

A color doppler echocardiogram is performed by placing an ultrasound hand-held wand over the chest. With this exam, one can assess the heart's overall function, valve and chamber disease, pumping action, and blood flow. The routine performance of this exam may aid in tracking disease progress over time, as well as measuring the effectiveness of surgical/medical treatments.

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# Cardiovascular / Coronary Artery Disease Risk Assessments



## **Computed Tomography (CT) Angiography of Coronary Arteries with Calcium Scoring**

A coronary CT angiogram is a diagnostic exam that takes images of your heart, and the vessels and arteries that supply blood to it. Unlike a traditional coronary angiogram, this exam does NOT require an invasive catheter. Therefore, this exam is a painless alternative to better understanding your risk of coronary artery disease.

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# Cancer Risk Assessments

## **Low Dose Computed Tomography (CT) of the Chest**

A chest CT is used to diagnose, detect, monitor, and manage tumors, fluid around the lungs, and abnormal breathing conditions, like emphysema and COPD. This exam is exceptionally important not only for current or former smokers and vapers, but also for those who experience or have a history of chest pain or breathing problems.

## **Mammography (Females Only)**

This exam uses low-dose x-rays to provide early detection and diagnosis of breast diseases in women.

## **Prostate Ultrasound (Males Only)**

This exam uses ultrasound imagery to assist in the detection of prostate abnormalities, cancer, some male fertility problems, difficult/painful urination, or other prostate-related conditions.



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# Cancer Risk Assessments

## + Skin Check

A thorough skin check should be performed regularly by a dermatologist to screen for melanoma. During the exam, a dermatologist will use a handheld dermatoscope to evaluate whether any of your moles warrant a subsequent biopsy or not. High resolution digital photos can be taken as a baseline for comparing new or changing lesions in the future. One should strongly consider adding a skin check to the Wellness Check-up if more than one of the following risk factors for melanoma are met: having more than 50 moles, an individual and/or family history of skin cancer, heightened exposure to sunlight (particularly as it relates to one's occupation), frequently engaged in sunless tanning, fair skin, red or blond hair, or green, blue, or gray eyes.

## + Supplemental Computed Tomography (CT) and/or Angiography Exam

In addition to the Wellness Check-Up, the following are the most commonly requested areas for a CT scan: virtual colonoscopy, breast, head and neck, brain, sinuses, chest, spine, abdomen, pelvis, upper or lower extremities, heart, and bone marrow.

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# Cancer Risk Assessments

## + Supplemental Magnetic Resonance Imaging (MRI) or Angiography (MRA) Exam

In general, a MRI is best used for detecting objects inside of your body, as well as taking detailed images of soft tissues, bones, and joints. In addition to the Elite Wellness Check-Up, the following are the most commonly requested areas for a MRI or MRA: breast, temporomandibular joint (TMJ), head and neck, chest, spine, abdomen, pelvis, upper or lower extremities, heart, and bone marrow.

## + Supplemental Positron Emission Tomography (PET) Exam

A PET scan uses a radioactive drug called a tracer to see how your tissues and organs are functioning. Areas with a lot of chemical activity (i.e. bright spots) tend to correspond with disease. PET scans are often performed in conjunction with a CT or MRI to create unique diagnostic images of the affected area(s). PET scans may be used for detecting cancer, determining if cancer has spread, assessing the effectiveness of cancer treatments, monitoring cancer recurrence, evaluating the presence of brain disorders and/or heart disease, and diagnosing many types of solid tumors in different parts of the body.

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# Stroke / Brain Aneurysm Risk Assessments

## **Carotid & Vertebral Doppler Ultrasound**

This exam uses high-frequency ultrasound to view the carotid and vertebral arteries, both of which supply blood to the brain, located on either side of the neck to detect blockages or stenosis. Those who have a history or an increased risk of stroke, such as high blood pressure, high cholesterol, diabetes, and/or coronary artery disease, will benefit from this exam.



## **Magnetic Resonance Angiography (MRA) of Brain and Carotid Arteries**

A magnetic resonance angiography (MRA) is a MRI of the arteries and veins used to detect whether the vessels transporting blood between the neck and the brain are healthy or diseased. A MRA is particularly valuable in screening for atherosclerosis, brain aneurysm, and vascular malformations known to cause some types of headaches and seizures.

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# Aesthetic Enhancements

## + Botox

Botulinum toxin A is an injectable neurotoxin that helps alleviate chronic medical conditions, such as hyperhidrosis (excessive sweating), TMJ (and jaw tightening due to bruxism and day/night clenching), and/or migraine pain. Cosmetic usage of Botox also temporarily diminishes fine lines and wrinkles in the face and neck. Botox is only administered by board-certified dermatologists or plastic surgeons to maximize safety and “natural” aesthetic effects. Both certified Botox® (Allergan) and Dysport® (Galderma) are available.

## + Fillers

Fillers are used to temporarily correct nasolabial folds and smile lines, as well as to enhance the volume of the face and lips. Fillers are only administered by board-certified dermatologists or plastic surgeons to maximize safety and “natural” aesthetic effects. The entire line of Juvederm® (Allergan), Restylane® (Galderma), and Belotero® (Merz) hyaluronic acid fillers are available. Additionally, Sculptra® (Galderma), a poly-L-Lactic Acid filler, and Radiesse® (Merz), a calcium hydroxylapatite filler, are available as well.

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# Aesthetic Enhancements

## + **Cooltech® / CoolSculpting®**

Both Cooltech® and Coolsculpting® use cryolipolysis to reduce localized subcutaneous fat for body contouring. Fat is first “frozen,” and then naturally expelled from the body via the liver over the next 1-3 months. ZELLA clients generally prefer Cooltech® to CoolSculpting® because it only requires one session per treatment area (although you can have up to a maximum of 3 sessions per year), and has two applicators to treat two treatment areas at once to cut down on procedural time and costs.

## + **Ultherapy®**

A ZELLA client favorite, Ultherapy® uses micro-focused ultrasound to stimulate new collagen production, thereby increasing skin tightening and lifting on treated areas, all while minimizing lines and wrinkles. Ultherapy® can be performed on the face, neck, brow, chin, and décolletage. As a non-invasive procedure with virtually zero social downtime, Ultherapy® may afford you the “uplift” effect of a facelift without the surgery.

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# Aesthetic Enhancements

## + **Skin Resurfacing**

Both ablative (skin removing) and non-ablative skin resurfacing methods are available for aesthetic purposes. CO2 resurfacing (ablative) and Fraxel® (non-ablative) are the two most popular skin resurfacing treatments.

## + **Microneedling**

Primarily performed on the face (but not always), microneedling stimulates collagen production by creating tiny punctures of the skin. Individuals with facial scars, age spots, fine lines and wrinkles, large pores, uneven skin tone, and loss of skin elasticity may benefit from microneedling.

## + **Laser Hair Removal Touch-Ups**

If you have already completed a laser hair removal treatment plan, consider receiving a laser hair removal touch-up as part of your annual maintenance.

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# Aesthetic Enhancements

## + **Plastic Surgery Consultation**

Are you considering a more permanent cosmetic or reconstructive solution? We can arrange for you to have a consultation with an esteemed plastic surgeon to discuss your problem areas, and arrange for a tentative all-inclusive quote, bundled package, and projected timeline for your next trip.

## + **Special Requests**

Have another procedure in mind not listed here? No problem. We have ongoing relationships with numerous health care providers and facilities that specialize in countless procedures not listed above.

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# Dentistry

## + **Laser Teeth Whitening**

Enjoy a chair-side laser teeth whitening that is clinical grade (40% hydrogen peroxide solution), and performed by a dentist. Lower percentage bleaching solutions are available for individuals with sensitive teeth.

## + **Deep Cleaning / Periodontal Maintenance**

A deep cleaning is more than just a traditional prophylaxis, whereby plaque, tartar, surface stains, and other irritants are gently removed, and every tooth is polished. In addition to a regular prophylaxis, a deep cleaning generally involves a scaling and root planing, addressing deep periodontal pockets between the teeth and gums.

## + **Cosmetic / Restorative Dentistry Consultation**

ZELLA can arrange on-demand appointments with top dentists to restore function and beauty back to your pearly whites. Take advantage of the following high quality, low cost dental procedures: Invisalign, porcelain veneers, porcelain crowns, dental implants, mini dental implants (MDIs), All-On-Four, full or partial dentures, bonding, bridges, and root canals, to name only a few.



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# Privileges & Amenities

## **Expedited Electronic & Hardcopy Results in English**

Your doctor will give you both hardcopy and digital versions of all of your test results and images. All of your results will be in English. With all of your radiological images and exam results at your disposal, you are free to share your results as you please with any of your health care providers and specialists back home.

## **Hour Long Consultation in English**

Every person receives *at least* a scheduled hour long consultation with a doctor to discuss their test results and ongoing treatment plans in English.

## **VIP Status**

As a ZELLA client, you automatically gain access to numerous amenities and concierge services not available to the public. For example, you will receive hospital concierge services in addition to your ZELLA facilitator, all day privacy in your own VIP hospital room, upgraded linens and wearables, complimentary WiFi, and on-demand scheduling, to name only a few.

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# Privileges & Amenities

## **Brunch & Lunch**

You will receive two delicious meals during your check-up. Enjoy an exclusive upgraded menu of food items to choose from, including gluten-free and vegan options.

## **On-the-Ground Transportation**

A car will transfer you to and from your check-up and add-on appointments as you see fit.

## **Personal Concierge Team**

As part of your ZELLA concierge team, a true English-speaking health facilitator will be there with you during your check-up. We try our best to match every client with the right facilitator. Our facilitators act as your primary resource and advocate while you are abroad, translating for you whenever necessary.

## **+ Consultations with Specialists**

Enjoy privileged, on-demand access to consultations with medical specialists, from cancer treatment and bariatrics to fertility and reproduction. Tell us what you know you need, and we can schedule it around your Wellness Check-Up.



“ I was really impressed with how my time was respected. There was zero wait time, and I was able to get some much needed downtime on my trip. **Every single thing was taken care of for me.** For the first time in my life, I forgot I had white coat syndrome. The doctors, the food, the hotel were all fantastic. I told my head of benefits to add it to my yearly calendar. ”

Photo: America's Medical City Hospital, Rio de Janeiro, Brazil



# TYPICAL ITINERARY

**Average Trip:** 4-5 Full Days  
**Fastest Trip:** 2 Full Days

**Wellness Check-Up:** 5-6 Hours  
**Flight:** 7-8 Hours (Overnight)

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- 1 - Pre-Departure** | Our concierge services include arranging electronic pre-medical travel intake and documentation, and assistance in booking airfare, accommodations, excursions, and transportation with our preferred providers.
- 2 - Destination Arrival** | Your concierge will meet you at your accommodation to welcome and acquaint you to your destination.
- 3 - Optional: Tourism, Relaxation, & Add-Ons** | Make the most of your time by sight-seeing and taking advantage of aesthetic, dental, & integrative add-on services (Elite Only).
- 4 - Transfer to Wellness Check-Up** | On the day of your Wellness Check-Up, your concierge will meet you at your accommodations to escort you to your facility.
- 5 - VIP Check-In & Lounge Welcome** | Enjoy VIP status and perks all day.
- 6 - Lab Work: Blood Draw, Fecal Occult Blood Test, & Urinalysis** | After collecting your specimen in the privacy of your accommodation, blood will be drawn on-site for an extensive laboratory panel plus any hormone, nutrition, or STI add-ons you select.
- 7 - Total Abdominal Ultrasound**





The Wellness Check-Up truly saved my life. They found advanced asymptomatic, pre-metastatic tumors that never would have been detected back home. I was able to take all of my results back to a specialist in the U.S. to have my insurance cover my next steps. My doctor couldn't believe the quality of my exams, and my insurance was more than satisfied. What I still can't believe is that **my entire trip, including the check-up, airfare, and the hotel, cost less than my deductible.** ”

**8 - Chest CT**

**9 - Coronary CT Angiogram with Calcium Scoring (Elite Only)**

**10 - Brain & Carotid Artery MRA (Elite Only)**

**11 - *When Requested: Additional Imaging & Consultations*** | If you require additional testing or consultations, you will always receive full pricing before pre-approving services.

**12 - Brunch** | Menu includes items like charcuterie platter & açai bowls.

**13 - Color Doppler Echocardiogram**

**14 - Carotid & Vertebral Doppler Ultrasound**

**15 - Resting Electrocardiogram**

**16 - Ergonomic Cardio Stress Test**

**17 - Lunch** | Menu includes items like Filet Mignon or Grilled Salmon.

**18 - Physical Examination**

**19 - Consultation & Discussion** | You will have an hour dedicated to speak with your physician about your expedited results and any continuity of care treatment plan required.

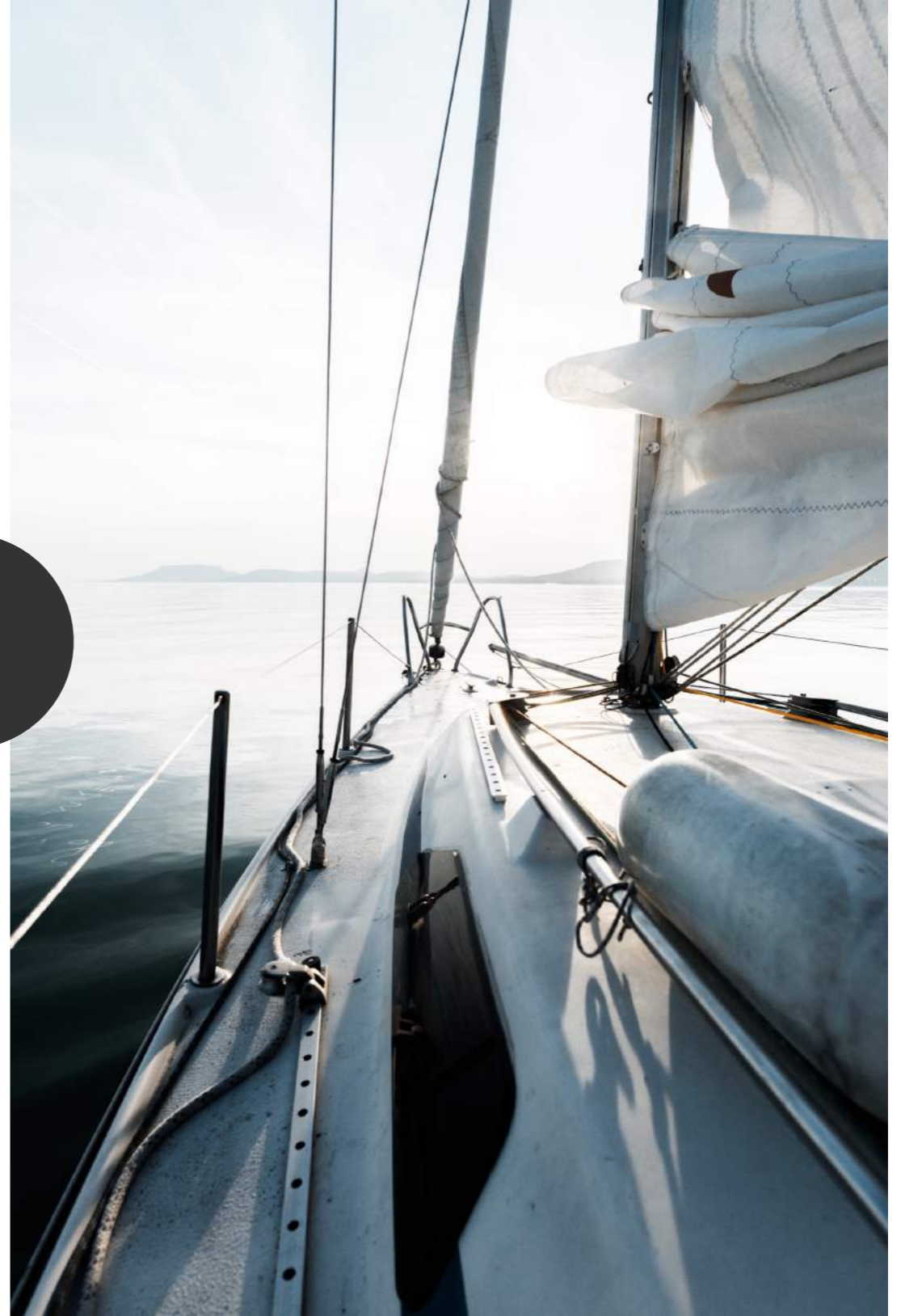
**20 - Transfer to Accommodation** | Following VIP check-out, you will be escorted back to your accommodation in time to enjoy an afternoon sunset on the beach.

**21 - *Optional: Tourism & Relaxation*** | Revel and relax at your destination before traveling home.

**22 - Destination Departure** | Return to the U.S. with electronic & hardcopy results to share with your providers as you see fit.



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PROTECT YOUR GREATEST

# ASSET

You are probably familiar with the adage, “your health is your greatest asset.” Unfortunately, for many of us, we never meet our full potential because we choose not to **proactively invest** in our health the way we should. Instead, **we take our health for granted**, and treat it as a mere afterthought. Reverse this cycle by undergoing the Wellness Check-Up, and experience **the greatest Return On Investment (ROI)** you could ever make: your wellness.

BOOST YOUR EVERYDAY

# CONFIDENCE

When you are healthy, you feel healthy. When you feel healthy, your best self gleams with confidence. Confirm your well-being by easing suspicions, annoyances, fears, and anxieties surrounding aesthetic imperfections, genetic predispositions, physical fitness, and years of neglect with the Wellness Check-Up.



REACH MORE

# MILESTONES

Your health is important to not only you, but also everyone that depends on you. Be present for life's future pleasures and meaningful events, be it family gatherings, long-awaited anniversaries, momentous ceremonies, joyful vacations, or active retirement. Accomplish more goals in life by caring for and investing in your own longevity & vitality by completing the Wellness Check-Up.

BOOK EVERYTHING

# ON-DEMAND

Spend less time worrying about logistics, and more time enjoying your trip and focusing on treatments. With the Wellness Check-up, take advantage of unlimited on-demand, flexible scheduling, including, but not limited to, VIP check-ins, decreased wait times, expedited test results and review, and last minute booking amendments.

ACHIEVE PEAK

# PERFORMANCE

Sustaining wellness requires continual self-care to operate at only your very best. Whether you are looking to optimize your best self by restoring function to injury or aesthetics to perceived defect, the Wellness Check-Up can help you monitor and enhance your performance with a diverse selection of add-on services.

ESTABLISH YOUR

# BASELINE

Offering more thorough testing than its American analog, the Wellness Check-Up establishes an extensive baseline of health indicators for comparing your physical health for years to come. Since most Americans have never completed these exams, let alone on a regular basis, they do not have a benchmark with which to compare their current risk factors.

TEND TO ANNUAL

# MAINTENANCE

Preventive care means taking consistent measures to ensure that your body always functions at its optimum. From routine screenings and specialized diagnostics across medical and dental specialities to à la carte aesthetic add-on services, the Wellness Check-Up has you covered from head-to-toe, both inside *and* out. Quite simply, it has never been easier to make your annual health maintenance a seamless and integral part of your next vacation or travel experience.

ENJOY EXCLUSIVE

# ACCESS

You will gain exclusive access to not only last minute appointments with top medical specialists in renowned facilities, but also expedited health and travel services you didn't realize possible. As a ZELLA client, you instantly gain VIP upgrades and status at all associate facilities, and receive special pricing not available to the general public.

ENHANCE YOUR

# APPEARANCE

While the Wellness Check-Up is designed to ensure that your internal health is operating at its prime, don't forget about your external health too. Complement your check-up with à la carte **non-surgical** aesthetic procedures. All aesthetic add-on services are **minimally or non-invasive**, are **highly effective**, and have **zero to minimal discomfort and social downtime**. With **excellent price points**, these mini-makeover aesthetic procedures enable you to return home looking naturally refreshed and rejuvenated without lightening your wallet.

EXPERIENCE UNPARALLELED

# CONVENIENCE

With à la carte testing and treatment services available for virtually every biomedical specialty and alternative health care program, we provide you with the most luxurious, highly personalizable, one-stop shop, preventative health experience available outside of the U.S. at non-executive prices. The Wellness Check-up takes place under one roof, and can be completed in one day, from early morning to late afternoon. This means more time for business or leisure travel, and bundling medical procedures and add-ons.



MAXIMIZE FUTURE

# PRODUCTIVITY

At first glance, it might seem like preventive health travel requires a sizable commitment away from your daily routine. However, after taking into account all of your future savings from high procedural costs, numerous sick days away from work, and poor performance from chronic stress and poorly addressed health needs, preventive health travel can actually improve your short and longterm productivity. For this reason alone, the Wellness Check-Up pays for itself over time. What will you do with all of your extra time and money saved from preventive health travel?

SAFEGUARD YOUR

# CONFIDENTIALITY

Preventive health travel inherently affords a luxury that would otherwise be extremely expensive and logistically difficult to ascertain back home: true privacy and anonymity. ZELLA has instituted policies and protocols that not only protect your confidential information stateside, but also frequently cross-check associate providers and facilities for international compliance standards.

FIND YOUR  
**SOLUTION**

Medicine is not a hard science, but rather an artful practice best performed in context. When professionals are personable and team oriented, and their services are highly integrative, a collaborative solution can be found that works for your unique life circumstances. No matter if you are seeking a meaningful diagnosis, multiple medical opinions, or correction from previous medical mistakes, let our concierge care team kickstart your search for the best solution to your health and travel needs.

OWN YOUR

# RESULTS

With the Wellness Check-Up, you own your test results and images, not your doctor, insurance company, or place of work. With everything at your disposal, you are free to share your results as you please with any of your health care providers and specialists back home.

TAKE BACK

# CONTROL

Free yourself from your insurance company's bottom line and reactive health care mentality. The Wellness Check-Up can assist you in making a treatment plan that is best for *you*. It's time to feel empowered about making informed health care decisions, especially when it comes to significant findings that demand impending action.

# Tax Advantages

	FSA*	HSA	HRA
<b>Laboratory Tests</b>			
Comprehensive Blood Work	✓	✓	✓
Fecal Occult Blood Test	✓	✓	✓
Urinalysis	✓	✓	✓
Nutrition Blood Panel	✓	✓	✓
Hormone Blood Panel	✓	✓	✓
Allergy Blood Panel	✓	✓	✓
Sexually Transmitted Infections Panel	✓	✓	✓
Biomarkers & Biometrics	✓	✓	✓
Full Genome Sequencing	✓ Coming Soon	✓ Coming Soon	✓ Coming Soon
<b>Special Privileges &amp; Amenities</b>			
On-the-Ground Luxury Transportation to & from Appointment & Airport	✓	✓	✓
Same Day Hardcopy & Electronic Images & Report	✓	✓	✓
Detailed Medical History & Medication Review	✓	✓	✓
Gourmet Brunch & Lunch	Z	Z	Z
VIP Lounge Access	Z	Z	Z
On-Demand Scheduling	Z	Z	Z
Unlimited Access to Personal Health Concierge Team	Z	Z	Z
Unlimited Transfers to Family, Friends, & Colleagues	Z	Z	Z
Unlimited Booking Changes	Z	Z	Z

- ✓ Eligible Expense, as noted in IRS Publication 502 & 969
- ✓ Eligible Expense with Letter of Medical Necessity
- ✓ Eligible Expense when additional criteria are met
- Z ZELLA Advantage

\*Not applicable to Dependent or Limited Care FSAs  
 †ZELLA does not issue airline ticket stock

	FSA*	HSA	HRA
<b>Diagnostic Screenings</b>			
Total Abdominal Ultrasound	✓	✓	✓
Color Doppler Echocardiogram	✓	✓	✓
Resting Electrocardiogram (EKG)	✓	✓	✓
Cardio Stress Test with EKG	✓	✓	✓
Carotid & Vertebral Doppler Ultrasound	✓	✓	✓
Low Dose Computed Tomography (CT) of the Chest	✓	✓	✓
Computed Tomography (CT) Angiography of Coronary Arteries with Calcium Scoring	✓	✓	✓
Magnetic Resonance Angiography (MRA) of the Brain & Carotid Arteries	✓	✓	✓
Prostate Ultrasound (Males Only)	✓	✓	✓
Mammography (Females Only)	✓	✓	✓
Routine Physical Exam	✓	✓	✓
DEXA Scan	✓	✓	✓
Lung Spirometry	✓	✓	✓
Skin Check	✓	✓	✓
Eye Check	✓	✓	✓
Frequent Flyer Check	✓	✓	✓
Custom CT, MRI, PET, & Ultrasound	✓	✓	✓
Virtual Colonoscopy	✓	✓	✓
Vaccinations	✓	✓	✓
Consultations with Specialists	✓	✓	✓
Select Stem Cell Treatments	Coming Soon	Coming Soon	Coming Soon
Sleep Analysis	✓ Coming Soon	✓ Coming Soon	✓ Coming Soon

	FSA*	HSA	HRA
<b>Aesthetic Enhancements</b>			
Botox	✓	✓	✓
Fillers			
Cooltech® / Coolsculpting®			
Ultherapy®			
Microneedling			
CO2 Resurfacing			
Fraxel® Resurfacing			
Laser Hair Removal Touch-Ups			
Dermaplaning			
Plastic Surgery Consultation	✓	✓	✓
<b>Dentistry</b>			
Laser Teeth Whitening			
Deep Teeth Cleaning	✓	✓	✓
All-On-Four Impants	✓	✓	✓
Prosthetics	✓	✓	✓
Invisalign®	✓	✓	✓
Veneers	✓	✓	✓
Dentures	✓	✓	✓
Bridges	✓	✓	✓
Crowns	✓	✓	✓
<b>Integrative Treatments</b>			
Massage	✓	✓	✓
Accupuncture	✓	✓	✓
Spa Treatments			
<b>Travel Expenses</b>			
Roundtrip Airfare†	✓	✓	✓
Accommodations	✓ \$50 night PP	✓ \$50 night PP	✓ \$50 night PP
Tourism Excursions			

All the Benefits.  
 Double the Perks.

Check-In. Check-*Up*. Check-Out.<sup>TM</sup>



ZELLA

Travel + Health | Wellness

# How We Compare: Your Annual Check-Up

	If Covered By Insurance*	ZELLA
<b>Laboratory Tests</b>		
Comprehensive Blood Work	Cholesterol; Glucose for Obese Adults Aged 40-70; Hepatitis B & C; Tuberculosis; Anemia & Folic Acid for Females	✓
Fecal Occult Blood Test	Adults Aged 50-75	✓
Urinalysis	Urinary Tract Infections for Females	✓
Nutrition Blood Panel		+
Hormone Blood Panel		+
Allergy Blood Panel		+
Sexually Transmitted Infections Panel	Sex Counseling; Syphilis; HIV; Gonorrhea & Chlamydia for Females	+
Biomarkers & Biometrics	Breast Cancer Genetic Counseling for Females	+
Full Genome Sequencing		Coming Soon
<b>Special Privileges &amp; Amenities</b>		
On-the-Ground Luxury Transportation to & from Appointment, Hotel, & Airport		✓
Same Day Hardcopy & Electronic Images & Report		✓
Detailed Medical History & Medication Review		✓
Gourmet Brunch & Lunch		✓
VIP Lounge Access		✓
On-Demand Scheduling		✓
Unlimited Access to Personal Health Concierge Team		✓
Unlimited Transfers to Family, Friends, & Colleagues		✓
Unlimited Booking Changes		✓

✓ Covered or Included (Elite Only) + Add-On (Additional Fees Apply)

\*As required by the U.S. Preventive Services Task Force and the Affordable Care Act. Coverage does not extend to grandfathered plans. Additional office and laboratory fees, co-pays, and co-insurance may apply.

†ZELLA does not issue airline ticket stock

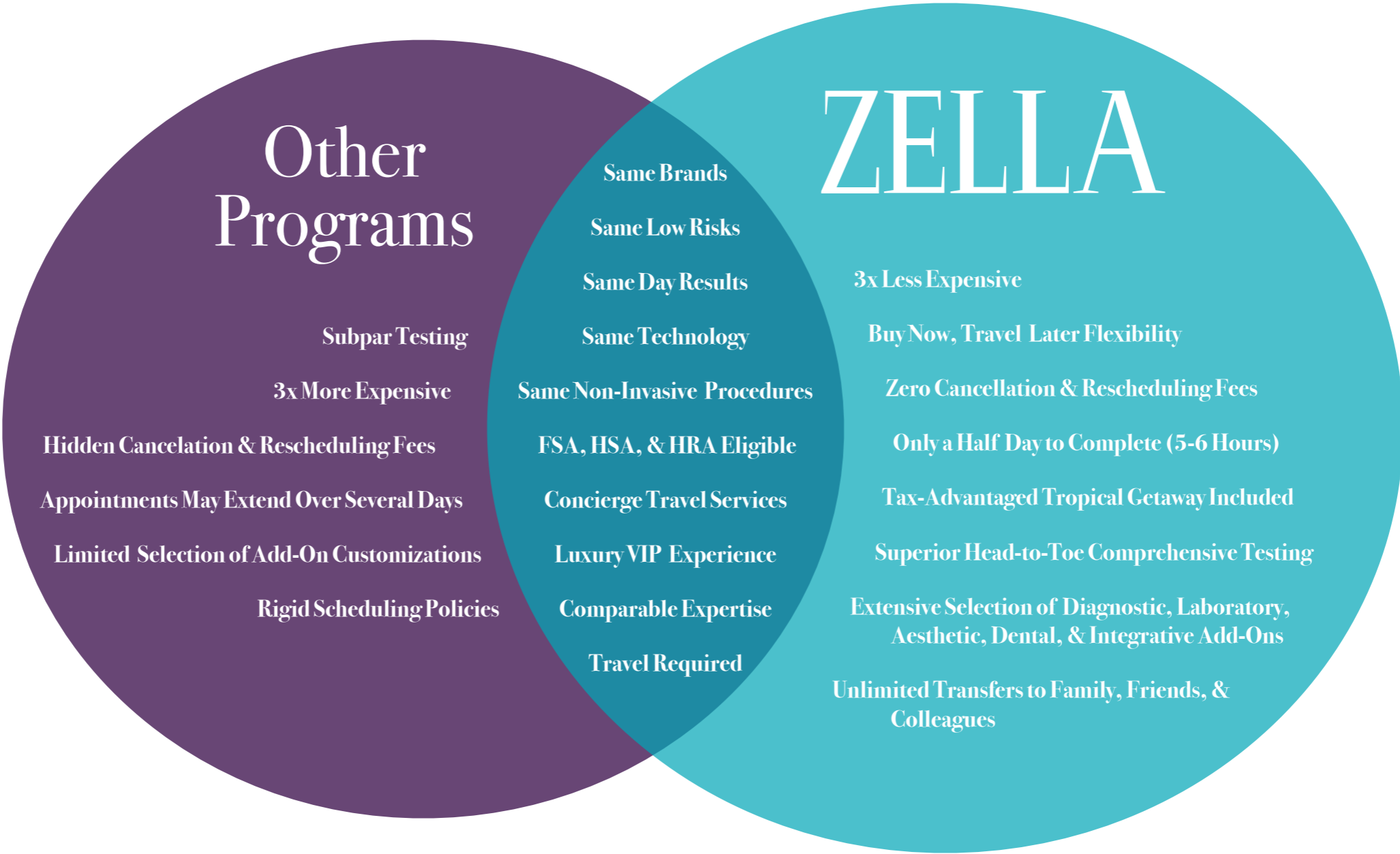
	If Covered By Insurance*	ZELLA
<b>Diagnostic Screenings</b>		
Total Abdominal Ultrasound	One Time Abdominal Aortic Aneurysm for Male Smokers Aged 65-75	✓
Color Doppler Echocardiogram		✓
Resting Electrocardiogram (EKG)		✓
Cardio Stress Test with EKG		✓
Carotid & Vertebral Doppler Ultrasound		✓
Low Dose Computed Tomography (CT) of the Chest	Every Year for (Former) Smokers Aged 55-80	✓
Computed Tomography (CT) Angiography of Coronary Arteries with Calcium Scoring	Low Dose Aspirin. Statin Medication for Adults Aged 40-75	✓
Magnetic Resonance Angiography (MRA) of the Brain & Carotid Arteries		✓
Prostate Ultrasound (Males Only)		✓
Mammography (Females Only)	Every 1-2 Years for Adults 50-74	✓
Routine Physical Exam	Blood Pressure; Alcohol Misuse; Tobacco Use; Depression, Obesity, & Diet Counseling; Fall Prevention for Adults Aged 65+; Pap Smear Every 3 Years for Females Aged 21-65	✓
DEXA Scan	Bone Density Only for Females Aged 65+	+
Lung Spirometry		+
Skin Check		+
Eye Check		+
Frequent Flyer Check		+
Custom CT, MRI, PET, & Ultrasound	✓	+
Virtual Colonoscopy		+
Vaccinations		+
Consultations with Specialists		+
Select Stem Cell Treatments		Coming Soon
Sleep Analysis		Coming Soon

	If Covered By Insurance*	ZELLA
<b>Aesthetic Enhancements</b>		
Botox		+
Fillers		+
Cooltech® / Coolsculpting®		+
Ultherapy®		+
Microneedling		+
CO2 Resurfacing		+
Fraxel® Resurfacing		+
Laser Hair Removal Touch-Ups		+
Dermaplaning		+
Plastic Surgery Consultation		+
<b>Dentistry</b>		
Laser Teeth Whitening		+
Deep Teeth Cleaning		+
All-On-Four Implants		+
Prosthetics		+
Invisalign		+
Veneers		+
Dentures		+
Bridges		+
Crowns		+
<b>Integrative Treatments</b>		
Massage		+
Accupuncture		+
Spa Treatments		+
<b>Travel Arrangements</b>		
Roundtrip Airfare†		
Accommodations		+
Tourism Excursions		+

Less Guessing.  
More Knowing.



# How We Compare: At A Glance



Less Cost.  
Vacation Included.

# How We Compare: Your Preferred Program

	Other Programs	ZELLA
<b>Laboratory Tests</b>		
Comprehensive Blood Work	Limited	Extensive
Fecal Occult Blood Test	✓	✓
Urinalysis	✓	✓
Nutrition Blood Panel	+	+
Hormone Blood Panel	+	+
Allergy Blood Panel	+	+
Sexually Transmitted Infections Panel	+	+
Biomarkers & Biometrics	+	+
Full Genome Sequencing	+	Coming Soon
<b>Special Privileges &amp; Amenities</b>		
On-the-Ground Luxury Transportation to & from Appointment, Hotel, & Airport		✓
Same Day Hardcopy & Electronic Images & Report	Written Report Only	✓
Detailed Medical History & Medication Review	✓	✓
Gourmet Brunch & Lunch	Light Meal / Snack	✓
VIP Lounge Access	✓	✓
On-Demand Scheduling	✓	✓
Unlimited Access to Personal Health Concierge Team	✓	✓
Unlimited Transfers to Family, Friends, & Colleagues		✓
Unlimited Booking Changes		✓

✓ Included in Premium Package Options

+ Add-On (Additional Fees Apply)

	Other Programs	ZELLA
<b>Diagnostic Screenings</b>		
Total Abdominal Ultrasound	+	✓
Color Doppler Echocardiogram	+	✓
Resting Electrocardiogram (EKG)	✓	✓
Cardio Stress Test with EKG	✓	✓
Carotid & Vertebral Doppler Ultrasound	+	✓
Low Dose Computed Tomography (CT) of Chest	+	✓
Computed Tomography (CT) Angiography of Coronary Arteries with Calcium Scoring	✓	✓
Magnetic Resonance Angiography (MRA) of the Brain & Carotid Arteries	+	✓
Prostate Ultrasound (Males Only)	+	✓
Mammography (Females Only)	+	✓
Routine Physical Exam	✓	✓
DEXA Scan	✓ Bone Density Only	+
Lung Spirometry	✓	+
Skin Check	✓	+
Eye Check	✓	+
Frequent Flyer Check		+
Custom CT, MRI, PET, & Ultrasound	+	+
Virtual Colonoscopy	+	+
Vaccinations	✓	✓
Consultations with Specialists	+	+
	Varies	Same Day
Select Stem Cell Treatments		Coming Soon
Sleep Analysis	+	+
	Take Home Test Only	Coming Soon

	Other Programs	ZELLA
<b>Aesthetic Enhancements</b>		
Botox		+
Fillers		+
Cooltech® / Coolsculpting®		+
Ultherapy®		+
Microneedling		+
CO2 Resurfacing		+
Fraxel® Resurfacing		+
Laser Hair Removal Touch-Ups		+
Dermaplaning		+
Plastic Surgery Consultation		+
<b>Dentistry</b>		
Laser Teeth Whitening		+
Deep Teeth Cleaning		+
All-On-Four Impants		+
Prosthetics		+
Invisalign		+
Veneers		+
Dentures		+
Bridges		+
Crowns		+
<b>Integrative Treatments</b>		
Massage	✓ 30 Mins	+
Accupuncture		+
Spa Treatments		+
<b>Additional Considerations</b>		
Completion Time	5-6 Hours	5-6 Hours
Destination Appeal	Domestic	Tropical
Base Price*	\$15,000	\$4,000

Same Quality.  
Better Value.

Prevention starts ~~at home~~  
on vacation.

ZELLA

Travel + Health | Wellness



## **Significant Savings**

Depending on the procedure, you can expect to save an average of 30-90% on the same (if not better) health products and services found in the U.S. When one factors in currency exchange rates, group and corporate discounts, flexible scheduling, work and/or insurance subsidies, tax benefits, rewards programs, seasonality, procedural bundling, and referral credits, you could very easily save even more.

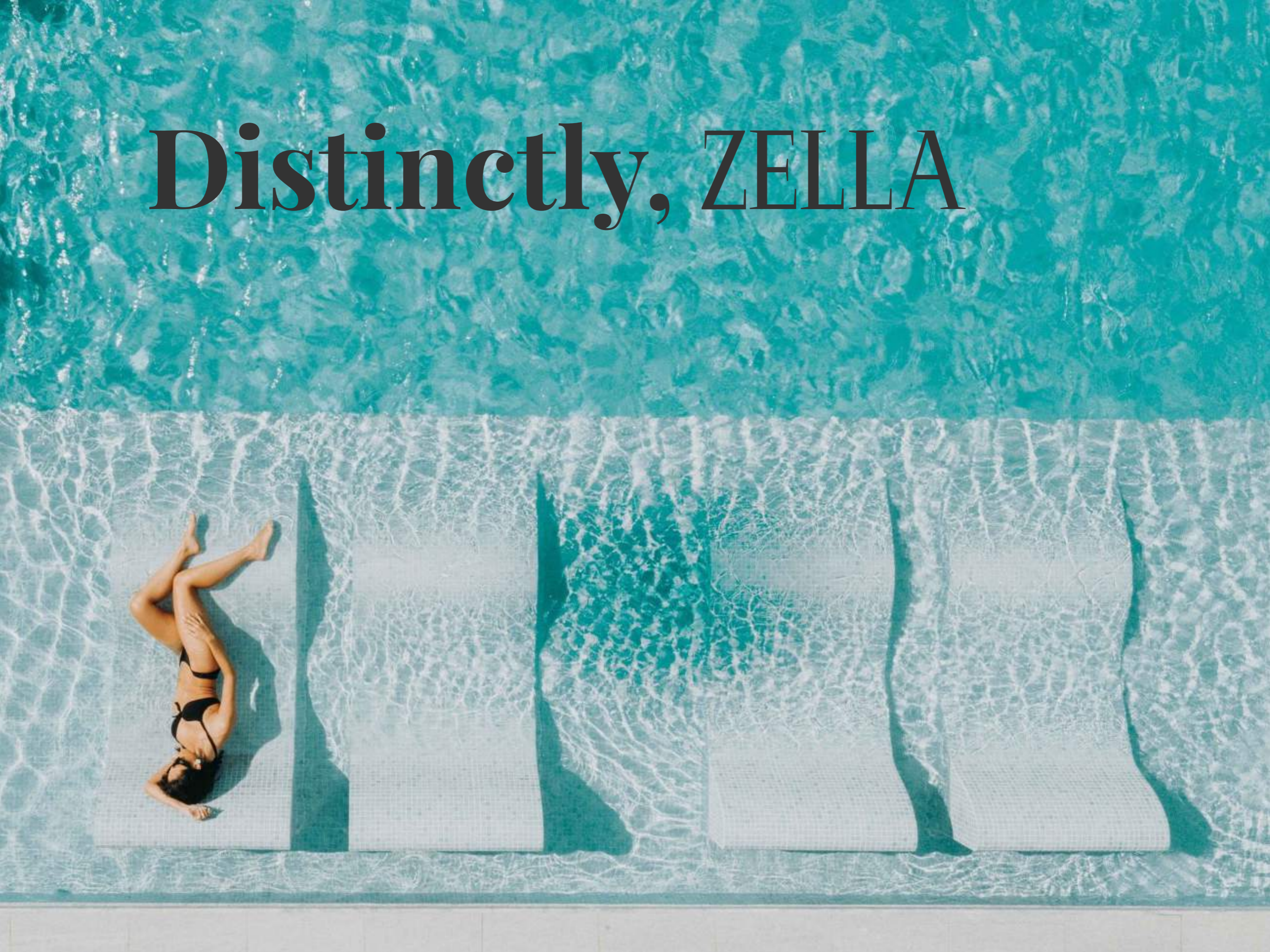
## **Incomparable Expertise**

Rest assured that you are in experienced hands when you choose ZELLA, the standard in preventive health travel. All of our destination health facilitators have doctorate degrees in a health-related field, and are fluent in at least English and the language of the destination. Moreover, all of our U.S. based Medical Travel Advisors possess unique health care and/or travel backgrounds not found anywhere else.

## **Getaway, Included**

No matter the purpose of your trip, enjoy some wanderlust while you are abroad for the same price (if not cheaper) than you would pay back home for just your procedure. With medical travel, you can choose the same or different destination every year!

# Distinctly, ZELLA





## **Same Brands, More Options**

For those who know exactly what you want, it can be found abroad, from FDA approved materials and devices to hotels and restaurant chains. For example, if you want Botox® made and manufactured only by Allergan, and not a botox analog like Xeomin® or Dysport®, it can be arranged. Similarly, if you know you want a specific branded technology like Ultherapy®, Intuitive's da Vinci, Coolsculpting®, or Straumann®, and do not want to settle on any local alternatives, you can find the same brands in foreign countries, right down to model type. In fact, you may find additional product lines by the same brands you know and love that are not available in the U.S. *yet*.

## **Closer Than Ever Before**

International travel has never been as inexpensive and easy as it is today. As technology becomes more widely available and accessible, patients are taking advantage of the accelerated ease of international travel and global communication to arrange health services far from home that are more cost-effective, and perhaps, better than their local health care system can provide. With flight times equivalent to or less than a transatlantic European flight, geographic distance has never been more obsolete when it comes to exotic destination discovery.

# EMPOWERING YOU TO DO MORE ON YOUR BUCKET-LIST





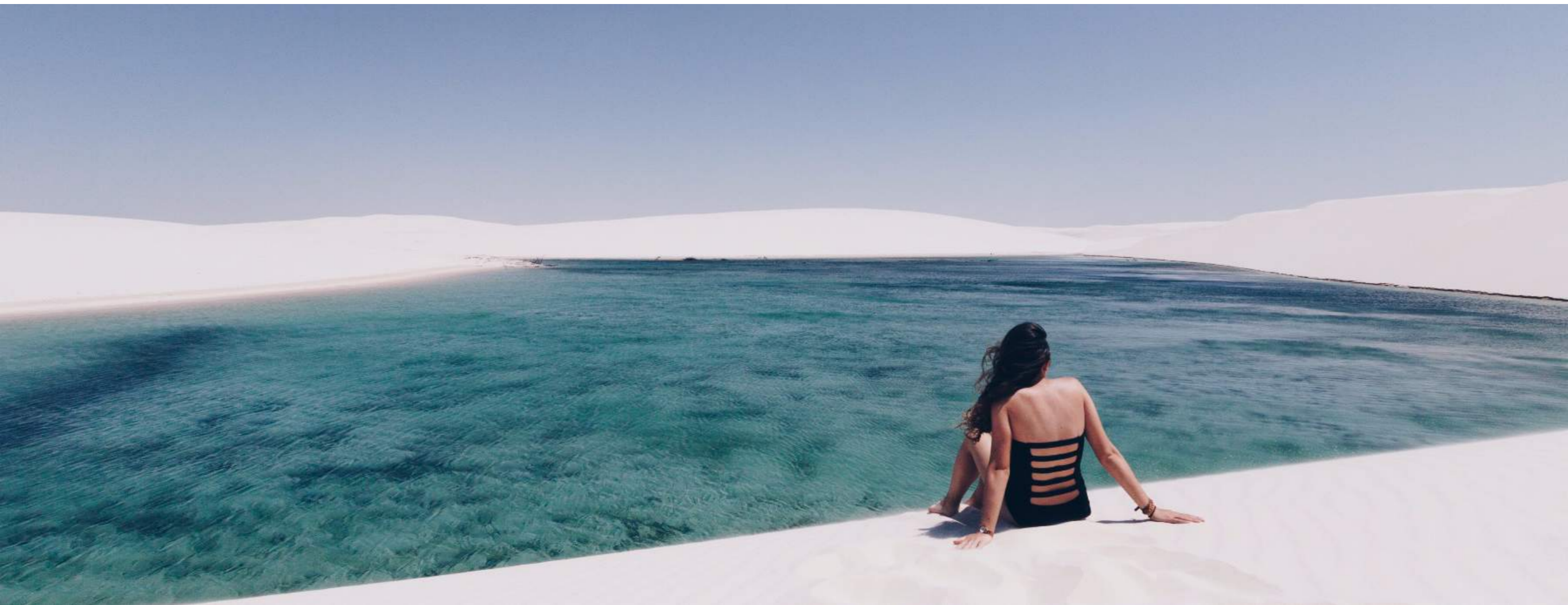


## **For All Budgets**

Whether you are on a tight budget or are looking to spare no expense on once in a lifetime experiences, your ZELLA concierge care team will work closely with you every step of the way to make sure your journey is nothing shy of pleasantly memorable.

## **For All Time Frames**

Looking for a quick getaway? Or, perhaps you have time for an extended stay. No matter the length of time you have for your trip, our Medical Travel Advisors will customize an itinerary unique to your individual health needs and travel interests.





## Transparent Pricing

In the U.S., patients are generally kept in the dark when it comes to how much their health care *actually* costs. As a result, it can seem as though the health care industry has a complete monopoly over what they can charge.

We have all experienced that terrifying moment when you open up a hospital bill, and remain stunned at the hospital's final invoice. Or worse, the figure of how much you *still* owe after insurance pays their cut after negotiating on your behalf. And that's assuming insurance won't deny your claim, leaving you to cover the total costs incurred!

Even in situations when doctors or medical facilities advertise, promote, or provide estimates of their procedural prices, the actual total cost you are expected to pay may be two, three, four, or even five times more than what was quoted or advertised.

At ZELLA, our quote has everything related to your procedure already included, so you are not hit with huge fees or outrageous bills. And if you require or desire more services while you are abroad, you will give advanced authorization to the costs before you receive care. When it comes to your health care, we believe in financial transparency, so you know the price *before* you buy.



IT'S A  
*Lifestyle*

NOT A  
Trend

# DESTINATION

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# RIO DE JANEIRO



STOP  
**OVERPAYING**  
FOR HEALTH CARE



START

UPGRADING YOUR

SELF-CARE





Give the Gift of

**WELLNESS**

**Pass It Forward**

**Pass It Around**

**Pass It On**

**GiftPass**



**#zella**

# Put Yourself First for a Change

Connect with a Medical Travel Advisor

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[www.zellamedicaltravel.com](http://www.zellamedicaltravel.com)