

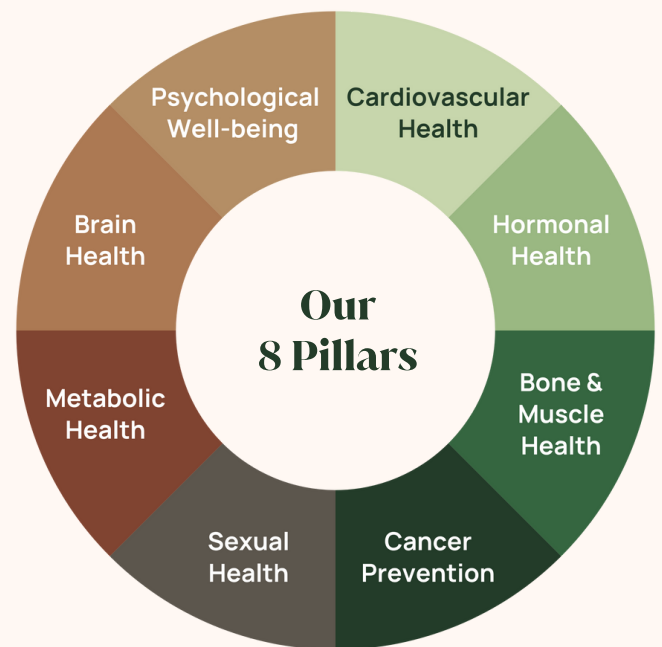


Your Partner in Optimizing Women's Health

Lume is reimagining healthy aging, menopause care and disease prevention for women. A longevity clinic founded on our 8 Pillars of Women's Health, Lume equips women with preventive and proactive healthcare so she can continue showing up at work, at home, and beyond.

Our programs are thoughtfully curated by leading female physicians who understand the unique health needs of women and the desire to co-create a personalized health journey.

Located in the heart of Toronto, the mindfully-designed clinic provides an elevated healthcare destination.



What We Offer

- ✦ Personal Health Assessments
- ✦ Peri/Menopause Care
- ✦ Sexual Wellness
- ✦ Allied Health Services
- ✦ Pelvic Health/Urinary Incontinence

Begin Your Health Journey Today

(416) 646-1510
lumewomenshealth.com

The Personal Health Assessment

An individualized comprehensive full-body exam

Lume's Personal Health Assessment (PHA) has been thoughtfully curated by female physicians with specialized training in women's health, menopause care and disease prevention. Each PHA is tailored to the individual because we understand the unique health needs of women. **We see you. We are you.**

Each assessment provides a comprehensive full-body physical exam with a female physician and includes hormonal health evaluation. Thorough investigations provide a detailed overview of your current health and personalized recommendations are made to improve your health and well-being.

Additionally, women are able to personalize their care journey with our **allied health professionals**. Our team includes a dietitian, pelvic physiotherapist, naturopath, clinical psychologist, strength and conditioning coach, and sleep specialist.

Your personal Care Consultant will facilitate the 5-hour in-office assessment, which includes multiple screenings detailed below:

- Comprehensive bloodwork
- Cancer screenings
- Cardiac testing: VO2 Max Test or Exercise Stress Test
- Body composition DEXA scan
- Mammogram
- Hormonal Health Support
- Cardiovascular health education & optimization
- Sleep & mental health
- Immunization review
- Nutrition assessment with dietitian
- Strength assessment
- Hearing, vision and lung function

We know that women value information and communication. Following the PHA appointment, patients have access to **3 months** of ongoing engagement with their care team, educational resources and in-clinic events.

Ready to Book?

Email:
Phone:

careteam@lumewomenshealth.com
(416) 646-1510

The *lume* Advantage

WOMEN + HEALTH

Assessment Philosophy	We believe that in order for a woman to truly be cared for, she must be seen (literally and figuratively) which is why all of our programs include an in-person assessment.
Hormonal Evaluation	Comprehensive hormone assessments are part of every program we offer. It's not an add-on.
Consultation Time	Extended 1-hour physician consultations + 30-minute follow up at 8 - 10 weeks.
Cardiovascular Assessment	Advanced testing with female specific risk evaluation.
Metabolic Screening	Early identification of insulin resistance & metabolic dysfunction.
Musculoskeletal Assessment	Early intervention for muscle and bone health to prevent disease.
Brain Health	Proactive brain health assessment addressing sleep quality, hormonal impacts, vision, and hearing.
Psychological Well-being	Comprehensive bio-psycho-social approach.
Follow-Up Care	3-month structured support.
Care Continuity	Ongoing care plans available.
Reference Ranges	We evaluate your results against optimal ranges for women, not generic standards.
Preventive Focus	Healthspan optimization.