

WHOLEBODY ASSESSMENT GUIDE

5 TESTS

YOU DIDN'T KNOW YOU NEEDED

Why Most Annual Physicals *FALL SHORT*

Ever felt “off” but couldn’t quite explain why—only to be told everything looks “normal”? Or brought up a concern to your doctor and left with reassurance, but no real answers?

You’re not alone. The typical annual physical is designed to check basic boxes, not uncover the full picture of your health. **Most exams:**

- 1 RELY ON LIMITED LABS, A BRIEF HEALTH HISTORY, AND A QUICK PHYSICAL EXAM
- 2 FOCUS ON TREATING SYMPTOMS AFTER THEY START, RATHER THAN PREVENTING THEM
- 3 SKIP IMAGING OR ADVANCED SCREENING UNLESS YOU’RE ALREADY SICK

That means silent risks—like heart disease, early cancer, or metabolic issues—often go unnoticed until they’ve progressed.

OUR PHILOSOPHY

Early detection and proactive action save lives. *Wholebody* goes far beyond standard screenings, giving you deeper insight into your health and a clear plan to protect it.

Annual Physicals: *THE REALITY CHECK*

62%

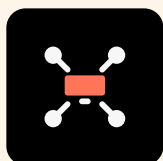
.....
OF ADULTS get an annual physical,
but among healthy adults, this number
drops to as little as **7%**^{1,2}

15–18

.....
MINUTES
the average visit length for primary
care, often covering multiple
concerns in that time.³

3–5

.....
STANDARD TESTS
are typically included, missing
dozens of markers that reveal
early risks.^{4,5}



Multiple portals —

.....
lab results, imaging, and consult notes often live in different
systems, making it nearly impossible to see the full picture.

Early Detection Matters *MORE THAN EVER*

We're living longer—but not necessarily healthier. Across the U.S., rates of cancer, heart disease, metabolic disorders, and dementia are climbing. Many of these conditions develop silently for years before symptoms appear. By the time they're found, options are fewer and outcomes are worse.

THE REALITY



CANCER

rates are rising—particularly in adults under 50.



METABOLIC DISEASE

(including diabetes and obesity) affects over 40% of adults.



HEART DISEASE

remains the #1 cause of death, and nearly half of the cases are preventable.



NEUROLOGIC

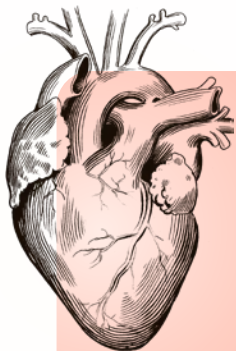
disorders like Alzheimer's are being diagnosed earlier and more often.

The good news? Early detection changes everything. When we find disease in its earliest stages—or identify risk before it becomes disease—interventions can be simpler, less invasive, and far more effective.

Wholebody was designed to close the gap between what routine care checks and what actually drives health outcomes. It's not just about avoiding illness—it's about protecting your quality of life for decades to come.

THE NUMBERS TELL THE STORY

Why a deeper look at your health matters now more than ever.



#1

Heart Disease

Still the leading cause of death in the U.S., and nearly half of cases are preventable.⁶

Metabolic Health

+40%

of U.S. adults have obesity or metabolic disease, which increases the risk of heart attack, stroke, and diabetes.⁷

Brain Health

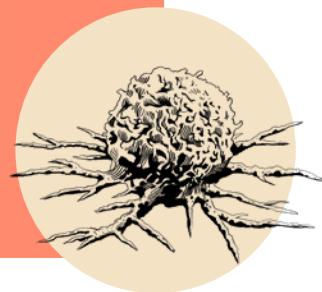


1 in 9 Americans over age 65 are living with Alzheimer's—and it's being diagnosed earlier and more often.⁸

+79%

Cancer

Rise in early-onset cancer rates among adults under 50 since the 1990s.⁹



Early detection saves lives.

Wholebody finds what routine care misses—so you can act now, not later.

[Book Your Assessment](#)

The 5 Tests

YOU DIDN'T KNOW YOU NEEDED

All are included in The *Wholebody* Assessment



VO₂ Max Testing

The Longevity Predictor

If you could take one test to predict how long and how well you'll live, this would be it. **VO₂ max measures how efficiently your body uses oxygen during peak exercise—a direct reflection of your cardiovascular fitness, endurance, and overall resilience.**

The trouble is, VO₂ max is almost never measured in routine care. Yet research shows that people with higher VO₂ max scores live longer, stay more active, and have a dramatically lower risk of heart disease, diabetes, dementia, and early death. A low score, on the other hand, is often a silent signal that your heart, lungs, or muscles aren't working as well as they should.¹⁰

In just one session, we can pinpoint exactly where you stand. If your score is lower than it should be, targeted exercise and lifestyle changes can improve it—and in doing so, improve your future. This isn't just about how far you can run; it's about how many more healthy years you can add to your life.



Advanced Metabolic & Inflammatory Labs

The Silent Risk Detectors

Your blood can tell you more about your future than almost any other test—but only if you look beyond the basics. Most annual physicals run a small handful of labs. **Wholebody checks more than 60 key biomarkers, from fasting insulin and ApoB (a powerful heart disease marker) to inflammatory markers, nutrient status, and early signs of kidney or liver stress.**

These deeper labs often reveal issues years before symptoms appear: pre-diabetes, thyroid dysfunction, chronic inflammation, or nutrient deficiencies that affect everything from energy to mental clarity. Knowing about them early means we can take simple, effective steps now—rather than chasing complications later.

Think of this as your “silent risk” screen. It's how we uncover problems that don't show up in a routine check-up, but that could change the course of your health if left unchecked.





DEXA Scan

Your Internal Health Check

On the outside, you might feel strong and healthy. But inside, your bones, muscles, and fat distribution may be telling a different story. **The DEXA scan is one of the most precise tools we have for mapping your body composition—showing bone density, lean muscle mass, and visceral fat** (the dangerous kind that wraps around your organs).

Why does this matter? Weak bones often give no warning before a fracture, and high visceral fat can drive heart disease, diabetes, and inflammation—even in people who look thin. These silent risks rarely get checked unless you already have symptoms, but by then, you’ve missed the best window for prevention.

With a DEXA scan, we can see exactly what’s happening beneath the surface and track changes over time. Whether you’re adding muscle, strengthening bones, or reducing visceral fat, you’ll know your efforts are paying off—because you’ll see it in black and white.



Comprehensive Invitae Genetic Risk Panel

Your Personalized Prevention Blueprint

Your DNA doesn’t determine your destiny, but it does give you a blueprint for your future. **The Invitae panel screens for genetic variants linked to heart disease, cancer, and other serious conditions—information that can guide screening and prevention for the rest of your life.**

If you carry a gene that raises your risk for colon cancer, for example, we may recommend starting colonoscopies earlier. If you have variants that increase your heart disease risk, we can be more aggressive about monitoring and prevention.

Most people never get this level of genetic insight, but when you do, it can completely change your approach to health. Instead of one-size-fits-all care, you get a plan that’s truly built for you—helping you act early, stay ahead, and protect your future.



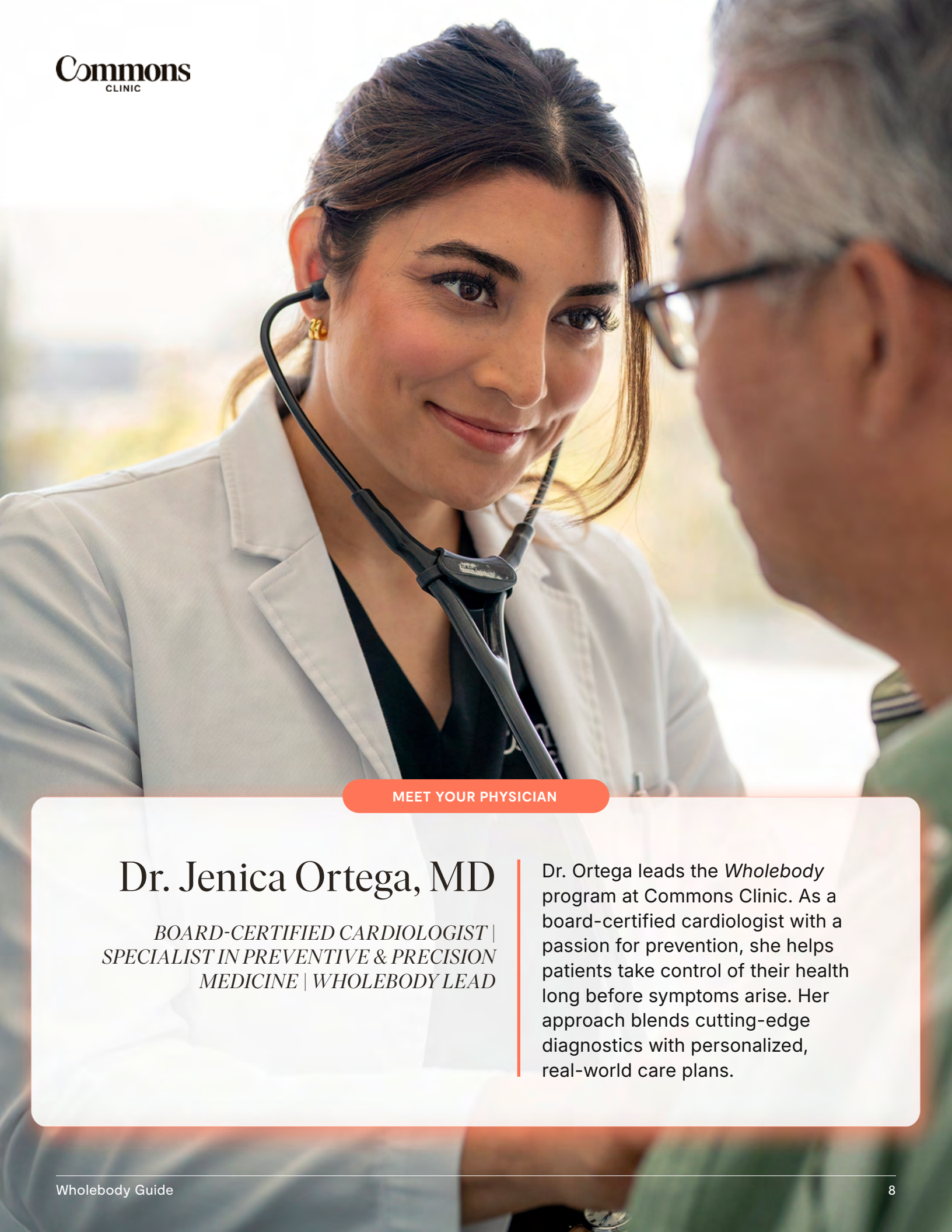
Coronary Artery Calcium (CAC) Score

The 5-Minute Heart Risk Test

Heart disease remains the #1 cause of death in the U.S., yet most people don’t know their true risk. You can have “perfect” cholesterol numbers and still have dangerous plaque in your heart’s arteries. **The CAC score is a painless, five-minute CT scan that reveals calcium buildup—a clear early warning sign of heart disease.**

If your score is zero, you can be reassured and avoid unnecessary medication. If your score is elevated, it’s a wake-up call that lets us act before symptoms like chest pain—or worse—stroke. Either way, the information is invaluable, and it’s information that most people never get until it’s too late.

In the world of prevention, the CAC score is one of the most powerful tools we have. It can mean the difference between catching disease in its silent phase and catching it in the ER.



MEET YOUR PHYSICIAN

Dr. Jenica Ortega, MD

*BOARD-CERTIFIED CARDIOLOGIST |
SPECIALIST IN PREVENTIVE & PRECISION
MEDICINE | WHOLEBODY LEAD*

Dr. Ortega leads the *Wholebody* program at Commons Clinic. As a board-certified cardiologist with a passion for prevention, she helps patients take control of their health long before symptoms arise. Her approach blends cutting-edge diagnostics with personalized, real-world care plans.

Your *Wholebody* Assessment – *WHAT'S INCLUDED:*

Our **\$1,999** core assessment covers all 12 major body systems and disease risk areas in a single, coordinated visit:

IMAGING & PHYSICAL TESTING

- VO₂ Max Test
- DEXA Scan
- Coronary Artery Calcium Score
- InBody Body Composition
- VALD Force Plates & Motion Analysis
- Grip Strength Test
- Injury Risk Assessment
- 12-Lead EKG
- STOP-BANG Sleep Apnea Score
- Cognitive, Depression & Anxiety Screens

CONSULTATIONS

- Preventative Medicine Physician
- Registered Dietitian
- Licensed Physical Therapist

PERSONALIZED DELIVERABLES

- Wholebody Comprehensive Report
- Priority health actions
- Recommended lifestyle modifications

FOLLOW-UPS

- Care coordination with your existing providers
- Registered Dietitian follow-up

ADVANCED LABS & GENETIC TESTING (60+ BIOMARKERS)

- Invitae Comprehensive Genetic Risk Panel
- Advanced Lipid Panel
- Thyroid & Metabolic Function
- Nutrient & Inflammation Markers
- Kidney & Liver Function
- Electrolytes & Acid-Base Balance
- Blood Health
- ApoE Genotyping

OPTIONAL ENHANCEMENTS

You also have the option to upgrade your assessment based on your unique risks, concerns, and history.

For deeper insights, add on any of the following, and we'll coordinate the rest:

- Full-body MRI
- Cleerly CCTA
- Echocardiogram
- Women's Hormone Panel
- Men's Hormone Replacement
- GRAIL Multi-Cancer Early Detection Test
- Cologuard
- Carotid Screening Ultrasound

What to Expect: Step-by-Step



1. Before Your Visit

You'll receive clear prep instructions for any fasting labs or activity requirements. We'll help you arrange a convenient at-home lab draw through our partner, GetLabs—typically completed about two weeks before your on-site assessment.



2. Your Assessment Day

All remaining testing and consultations are completed in one seamless, coordinated visit at our Santa Monica office.

3. Results Review

Meet one-on-one with your physician to go over every result, connect the dots, and discuss your personalized action plan in detail.



4. Your Plan

Leave with a prioritized, actionable roadmap for your health—covering follow-up testing, nutrition, strength, mobility, and lifestyle strategies to optimize your long-term health.



5. Follow-Up

Your physician will coordinate any additional testing and share relevant findings with your existing care team. You'll also receive an included follow-up session with your dietitian. From there, you have the option to continue with your dietitian and your physical therapist for a comprehensive plan of care tailored to your goals.

Your *Wholebody* ASSESSMENT DAY

All the tests that matter in one efficient day. Discover what real, human healthcare feels like.

Arrival & Registration

Check in at Commons Clinic - Santa Monica. Take some time to settle comfortably into your room.

Nurse Intake Visit

Meet with your *Wholebody* nurse for vitals, EKG, InBody, Cognitive and Memory Screening (MoCA, PHQ-9, STOP-BANG & GAD-7).

Break

A light breakfast, coffee, or snack will be provided. **Please share any dietary restrictions or preferences in advance.**

Dietitian Visit

Meet with your *Wholebody* dietitian for metabolic and dietary analysis, food diary review, meal planning, and supplement guidance.

Physician Visit

Meet with your *Wholebody* physician for a complete physical exam and a detailed review of your medical & family history.

Physical Therapist Visit

Meet with your *Wholebody* PT for injury risk screening, ergonomic & postural recommendations, strength & mobility exam, VO2 Max test, and corrective exercise planning.

Imaging

Complete your imaging, including Coronary Calcium Scoring and DEXA Bone Density Scan.*

**If you've selected any add-on imaging, this will be coordinated separately.*

YOUR REPORT IS:

- # Your Wholebody Assessment Report
- Appointment Date
March 27th, 2025
-
- Dr. Jenica Ortega
Cardiologist, Lead Physician
- As a busy 45-year-old retail executive and mom of two in West LA, you seek relief for those random knee and body aches. Your recent menopausal symptoms, osteopenia, and off-hormone levels suggest these could significantly impact your long-term health. For next steps, we've tailored a schedule. We also suggest a follow-up with an endocrinologist. Your doctor has recommended key exercises to improve your pain and increase energy.
- ## Findings: Your Lipid Panel And Hormone Levels Warrant Intervention For Heart Health.
- | System | Findings |
|--|--|
| 
Cardiovascular Health | <ul style="list-style-type: none"> Lipids: Total Cholesterol: 245 mg/dL, LDL: 165 mg/dL, Triglycerides: 180 mg/dL CAC (Coronary Artery Calcium): +150 Agatston Units VO₂ Max: 28 mL/kg/min |
| 
Bones, Joints, & Mobility | <ul style="list-style-type: none"> DEXA scan: Osteopenia (lumbar spine T-score -1.2, hip T-score -1.1) Physical Therapy Assessment: Mild asymmetries in squat (32% asymmetry in dorsiflexion), suboptimal core stability |
| 
Reproductive & Hormonal Health | <p>Elevated FSH (35 mIU/mL) and LH (40 pg/mL) and LH (15 mIU/mL) with low Progesterone (0.5 ng/mL) are all consistent with perimenopausal hormonal shifts. These findings, along with declining ovarian reserve and irregular cycles, explain the patient's reported symptoms.</p> |
| 
Respiratory Health | <p>Lung findings on MRI and CAC imaging appeared unremarkable on partial imaging. No significant findings on full imaging during abdominal and pelvic scans.</p> |

How *Wholebody* is *DIFFERENT*

ONE DAY. ONE TEAM.

No more piecing together multiple appointments across different offices. With *Wholebody*, nearly every test, scan, and consultation is completed in a coordinated visit, saving you time and eliminating the frustration of the traditional “referral shuffle.”

PHYSICIAN-LED FROM START TO FINISH.

Your results aren’t just released to you in a patient portal. You’ll sit down with a physician who knows your full health picture, explains every finding in plain English, and works with you to create a clear, personalized plan.

PREVENTION BEFORE SYMPTOMS.

Most healthcare is reactive—waiting until you’re sick to act. *Wholebody* flips that script. We look for risks early, often years before symptoms appear, so you can take action when it matters most.

FROM DATA TO DIRECTION.

Advanced diagnostics are powerful, but data alone won’t make you healthier. Your *Wholebody* Health Report prioritizes what matters most and gives you clear, real-world steps to improve and protect your health.

INTEGRATED SUPPORT.

Your care doesn’t end with the assessment. Nutrition, strength, mobility, and lifestyle recommendations are built in, with follow-up sessions to help you turn your plan into lasting results.



“

We created *Wholebody* for patients who want more than a quick check-up. You deserve answers, clarity, and a plan you can act on. My team and I look at everything—from labs and imaging to performance and mental wellbeing—so you leave with a smarter, more connected approach to care.”

— DR. JENICA ORTEGA

Ready to See What Your Body's Been Hiding?

Don't wait for symptoms to start. See what a deeper look at your health can reveal—and what you can do about it now.

[Book Your Assessment](#)

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