

A Thoughtful Approach to Health

Your health is your responsibility—and your most powerful asset. I created this practice to support people who want to take ownership of their future with clarity, compassion, and confidence.

- Internal Medicine, Reimagined
- Science-backed, Lifestyle-led
- Personalized Care for Modern Achievers
- Virtual + In-person Options

OWN YOUR HEALTH
OWN YOUR FUTURE



Specialty Services

SERVICE	PRICING
Weight Optimization and Personalized Nutrition Guidance	\$100/mo minimum 3 month commitment
Medication & Supplement Review (Know What You're Taking and Why!)	\$200
Diagnostic Labs at Discounted Price & Consultation	Price Varies based on Labs (see back)
Pre Op Appointments	\$500 Pre Surgery Medical Optimization
Body Composition and DEXA Scan Analysis	\$100/mo minimum 3 month commitment
Same Day/Next Day Appointments for Urgent Needs	\$125
Longevity/Preventative Health Assessment	\$300
Blood Pressure and Sugar Management	\$100/mo minimum 3 month commitment
Advanced Blood Panel Review & Annual Lab Strategy	\$300
Hormone Health Support (Testosterone, Menopause, Thyroid)	\$300
Mental Health Support for Anxiety and Depression	\$250/session
AI Powered Health Dashboard & Personalized Blueprints	\$300
Support for High Performers, Caregivers, and Busy Professionals	\$500/session
Referrals and Coordination with Specialists & Imaging When Needed	\$250/session
Wellness Retreats and Community Events	Quarterly

Let's Discover What's Possible

Schedule your no-pressure discovery call to explore how we can support your health journey.

 mywellnessmd.com

 424.229.2627

Modern Preventive & Longevity Medicine with Dr. Schehrezade Khan



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Meet Dr. Schehrezade Khan

I'm a Board-Certified Internal Medicine physician passionate about Medicine 3.0 —care that's personalized, preventative, and proactive.

After years in hospitals watching patients struggle with preventable illnesses, I now help people before they reach that point.

Through evidence-based medicine and lifestyle optimization, we build a path toward your most energized, aligned, and resilient self.

Dr. Khan



What We Offer

Comprehensive care that fits your goals, schedule, and lifestyle.
Group services under three pillars

Preventive & Longevity Medicine

- Personalized Health Planning
- Lab Reviews
- Genetic & Epigenetic Testing
- Hormone Optimization

Wellness & Lifestyle Support

- Sleep Optimization
- Stress & Mental Health
- Fitness & Recovery Strategies
- SENSM Method (Sleep, Exercise, Nutrition, Social, Mental)

Weight & Metabolic Management

- DEXA Body Composition Scan
- Nutrition Planning
- Sustainable Habit Coaching



What It's Like to Work with Dr. Khan

A step-by-step guide to personalized care — from your first call to your custom health plan.

STEP 1

Free 15-Minute Intro Call

Welcome to MyWellnessMD! We'll explore your health goals and walk you through the process — so you can make an informed, empowered decision.

PRICING
FREE

STEP 2

Initial Consultation

- 60-minute session with Dr. Khan
- Personalized lab panel ordered via Rupa Health* (patient pays lab directly)
- Comprehensive blood work for optimal insight

*Rupa Health partners with us to offer lower-cost labs and convenient at-home collection.

\$300
+ Lab fees
(\$200-\$800)

STEP 3

Lab Review & Longevity Plan

- 60-minute follow-up consult (Zoom or in person)
- Written Longevity Lab Report with recommendations (PDF)

\$300

Total Initial Investment

Includes consults
+ average lab range

\$495-\$995
depending
on labs selected

STEP 4

Options for Continued Care

- Continue care as needed or select a membership
- Ongoing programs for prevention, chronic conditions, and optimization
- **Ideal for:** Health-curious adults who want an expert opinion on labs — and a plan to take the next step.

Varies based on
program