

Your Marshall newsletter

A message from Jared Harper, PA-C, and the Beaumont
Team



Dear Beaumont Patients,

Our team and I want you to know the full range of care you can explore with Marshall. Below, you will find our Executive Performance Program alongside separate targeted health services, plus our medical, diagnostic, fitness, aesthetic, therapeutic, and product offerings—each in its own section.

Beaumont is your starting point. We will help you choose a next step and coordinate with other Marshall providers when a service is offered at another location.

Marshall's Executive Performance Program

Actionable, results-oriented solutions.



Your assessment is the beginning.

Marshall's physician-led program turns health insights into an ongoing, personalized plan. Designed for executives, professionals, and people with demanding lives, it connects diagnostics with nutrition, exercise, sleep, recovery, and clinical care. A foundational assessment—often including Marshall's Executive Physical—helps identify priorities. Your Longevity Strategist helps you put the plan into practice, while progress reviews keep the work focused on your goals.

Foundational Assessment

01

Begin with your medical history and goals, an Executive Physical when appropriate, and selected laboratory, diagnostic, and body-composition assessments.

Your Personalized Roadmap

02

Turn findings into priorities for nutrition, exercise, sleep, recovery, hormone health, and clinical care, based on your needs.

Dedicated Longevity Strategist

03

Receive support with implementation, accountability, care coordination, and follow-through between clinical visits.

Measure Progress & Refine

04

Track selected health metrics and Marshall's Healthspan Index over time, with follow-up reviews to revisit your goals and adjust your plan.

Testing, follow-up, and program components are individualized. Ask about eligibility, membership terms, and separate service fees.

INDIVIDUAL MARSHALL SERVICES

Targeted Health Services

Explore the six services below with our team. Each has its own evaluation and individualized care plan.



TARGETED SERVICE 01

Metabolic Recalibration

Understand your metabolic picture and build an individualized plan around nutrition, activity, body composition, and clinical findings. Our team helps translate your assessment into practical goals and follow-up.



TARGETED SERVICE 02

Osteopenia / Osteoporosis / Sarcopenia

Focused bone and muscle care, with evaluation of bone density, muscle mass, strength, and relevant risk factors. We coordinate an individualized plan aimed at stronger function and better long-term bone and muscle health.



TARGETED SERVICE 03

Sleep Optimization

Make sleep a defined part of your care plan. Discuss sleep quality, routines, daytime fatigue, and whether further evaluation or sleep testing is appropriate.



TARGETED SERVICE 04

Body Composition Optimization

Look beyond the number on the scale. Track body fat and lean mass, then connect those findings with individualized nutrition, resistance training, and medical care when indicated.



TARGETED SERVICE 05

Cognitive Health Optimization

Bring concerns about memory, focus, and mental performance into the conversation. We review contributing health and lifestyle factors and coordinate further assessment when needed.



TARGETED SERVICE 06

Autonomic Regulation

Focus on the balance between stress and recovery. Your plan may address daily stressors, sleep, physical activity, and recovery habits, with clinical evaluation of persistent symptoms.

These are individualized care goals, not promises of disease reversal or a particular result.

Medical care & personal health



Concierge Primary Care

Ongoing primary care, preventive planning, lab review, and care coordination with a team that knows you. Ask about membership options for individuals, couples, and families.

Executive & Professional Men's Health

A coordinated conversation about prevention, performance, metabolic health, hormones, sexual health, and the demands of your work and daily life.

Women's Midlife Care

Personalized care for perimenopause, menopause, and the broader health changes of midlife, with attention to symptoms, sleep, body composition, and long-term health.

Hormone Optimization

Evaluation and monitoring for men and women with hormone-related concerns. Treatment choices follow a review of symptoms, laboratory findings, benefits, and risks.

Medical Weight Management

Individualized nutrition, activity, body-composition follow-up, and medical treatment when appropriate. We help connect weight goals with a sustainable care plan.

Sexual Health & Intimacy

Private consultations for men and women about sexual function, comfort, intimacy, and treatment options tailored to the underlying concern.

Lifestyle & Nutrition Coaching

Practical support for eating patterns, movement, sleep, stress, and behavior change, coordinated with your clinical goals.

Advanced diagnostics

Our team helps select tests that answer a clinical question. Testing and imaging are not automatically included in every program; some are coordinated with other locations or outside facilities.



Longevity Blueprint — Foundational Executive Physical

A comprehensive baseline assessment that informs your personal health roadmap. It is distinct from the Executive Performance Program's ongoing implementation and progress tracking.

DEXA Bone Density

Bone-density assessment to inform evaluation and follow-up of bone health.

DEXA Body Composition

Measurement of fat and lean tissue to establish a baseline and monitor change.

VO2 Max & Exercise Assessment

Cardiorespiratory fitness testing to help guide individualized exercise planning.

Resting Metabolic Rate — RMR

An assessment of resting energy needs to inform nutrition and metabolic planning.



Advanced Laboratory & Biomarker Review

Clinically selected laboratory testing with results interpreted in the context of your health history and goals.

Home Sleep Testing

Sleep-testing options when your symptoms and evaluation support further assessment.

Cardiovascular Risk Assessment

Individual risk review and, when appropriate, coordinated cardiac testing or imaging.

Advanced Imaging & Specialized Screening

Discuss selected imaging and screening options, including their limitations, potential harms, and whether they add value to your care.

Neurocognitive Assessment

Testing options for a more structured review of cognitive performance when appropriate.

MEET YOUR MOVEMENT TEAM

M Club Fit Medical Fitness Center

Medical fitness belongs in the care conversation. Our Beaumont campus connects patients with a dedicated team and a place to put their goals into action.

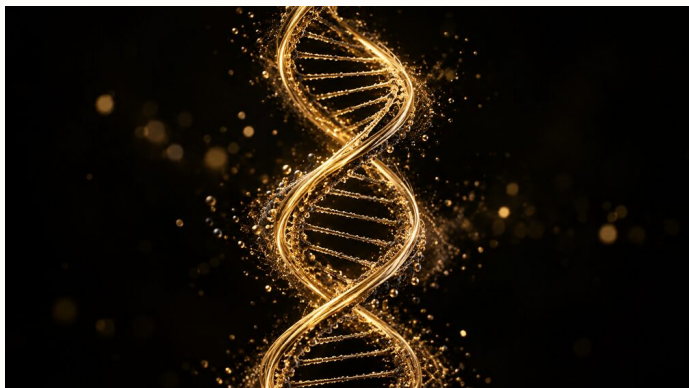


Personal Training & Medical Fitness

Individualized strength, cardiovascular, mobility, and exercise guidance coordinated with your care team. Ask M Club Fit about assessment, coaching, and membership options.

Regenerative medicine

Explore the evidence, potential benefits, uncertainties, and risks before choosing any procedure.



Regenerative Medicine & PRP

Consultations for platelet-rich plasma and other regenerative approaches, including musculoskeletal concerns and selected aesthetic applications. Recommendations depend on the condition and available evidence.

Stem Cell Consultations

Ask about the specific product, evidence, regulatory status, alternatives, and potential risks. Stem-cell-based interventions are not established treatments for every condition and should not be presented as guaranteed regeneration or cures.

Advanced therapeutics

Each therapy below has its own clinical considerations. A consultation determines suitability, required monitoring, and the appropriate provider and location.



IV Nutrient Therapy

Discuss available formulations, your medical history, and whether an infusion is appropriate. IV therapy is not a substitute for evaluating ongoing symptoms.

NAD+ Therapy

Ask about available NAD+ options, the limits of current evidence, and product-specific risks. Benefits should not be assumed for every patient.

Peptide Therapy

A clinician reviews the proposed peptide, its regulatory status, evidence, and risks. Products differ, and a consultation does not guarantee a prescription.

Ketamine Injections

A separate clinical evaluation is required to discuss the intended use, whether that use is off-label, potential adverse effects, and supervised monitoring.

Kenalog Injections

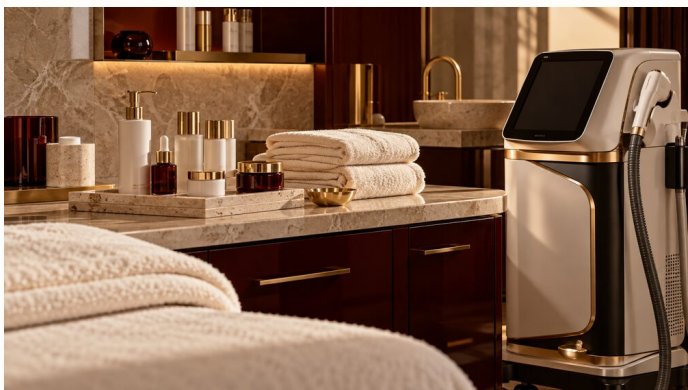
A corticosteroid option for selected clinical indications. Your provider will explain the purpose, risks, and whether it fits your treatment plan.

Vitamin & Nutrient Injections

Ask about B12 and other available injection options. Recommendations depend on the formulation, your health history, and a clinical assessment.

Advanced aesthetics

Personalized consultations, treatment planning, and skin care for women and men. Our team can confirm which services are available at Beaumont and arrange care at another Marshall location when needed.



Wrinkle-Relaxing Injectables

Consultations for Botox, Dysport, and Xeomin with a qualified injector.

Dermal Fillers

Individualized assessment of facial goals, product choices, alternatives, and treatment risks.

Facials & HydraFacial

Facial options tailored to skin concerns, including hydrating, brightening, acne-focused, and men's services.

Dermaplaning & Microdermabrasion

Professional exfoliation options selected for your skin type and goals.

Chemical Peels

A range of peel options, with guidance on preparation, expected recovery, and aftercare.

Microneedling & PRP Skin Treatments

Consultation-based skin treatments, with a review of suitability, risks, and realistic expectations.

Laser, IPL & Energy-Based Services

Ask about laser hair removal, IPL photofacials, resurfacing, and other device-based treatments. **These services are coordinated through Marshall's Hamburg team.**

CoolSculpting & CoolTone

Body-contouring consultations to discuss candidacy, treatment goals, and risks.

Acne Bootcamp

A structured skin-care conversation and treatment plan for acne concerns.

Brow & Lash Services

Brow and lash options to complement your personal aesthetic goals.

Hair Restoration

Evaluation of hair-loss concerns and a discussion of appropriate treatment options.

Medical-Grade Skin Care

Professional guidance on skin-care products and a home routine that fits your skin.

MARSHALL PRODUCTS

Targeted nutritional support

FEATURED MARSHALL NUTRACEUTICAL

Longevity Blend



Marshall's exclusive Longevity Blend brings together nicotinamide riboside, CoQ10, PQQ, alpha-lipoic acid, astaxanthin, and spermidine. Ask our team to review the current formula, interactions, and whether it fits your individual needs.

No supplement is a substitute for medical care or a guarantee of longer life.

Additional Nutraceuticals & Supplements

Ask about NAD+, creatine, DHEA, EPA fish oil, methylated B complex, D3 + K2, collagen, and Mito Multi. Our team can review current availability, possible interactions, and appropriate use.

FAMILIAR FACES. PERSONAL CARE.

Your Beaumont Team

We look forward to welcoming you, answering your questions, and helping you take the next step in your care.



A NOTE FROM JARED

“If you are curious about your body composition, fitness, or metabolism, let’s talk. I can help you explore a useful starting point and understand how the results may inform your care.”

Have a question or want to explore a next step? Contact the Beaumont Team to ask about an assessment, schedule a Meet & Greet, or connect with the right Marshall service.

Book an Appointment

Call the Beaumont Team

(859) 300-3249

**Jared Harper, PA-C
and the Beaumont Team**

Advanced Diagnostics & Medical Fitness | Beaumont

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Services and products vary by provider and location; inclusion and fees depend on your membership and selected services. Clinical recommendations are individualized, and results vary. Confirm current availability with our team.

Lifestyle and service imagery is illustrative. Team photographs provided by Marshall.