A MESSAGE FROM YOUR NORTON COMMONS TEAM

Your Marshall newsletter

Dear Norton Commons Patients,

Our team wants you to know the full range of care you can explore with Marshall, from concierge medicine and advanced diagnostics to Executive Performance, Medical Fitness, advanced aesthetics, and targeted therapies.

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

Explore the sections ahead and let us know what you would like to discuss at your next visit. Your Norton Commons team is here to help connect the pieces of your care.

Coming This Winter: Full Aesthetic Services

An expanded aesthetic experience is coming to Norton Commons, including facials, skin treatments, brow and lash services, and personalized skin care.

FEATURED MARSHALL PROGRAM

Executive Performance

Your assessment is the beginning. Our physician-led program connects health insights with an ongoing plan for nutrition, exercise, sleep, recovery, and clinical care.

01 Establish your baseline

Review your history, goals, and selected diagnostic findings.

02 Build your roadmap

Set priorities around your individual health and performance goals.

03 Put the plan into practice

Work with your care team and Longevity Strategist on follow-through.

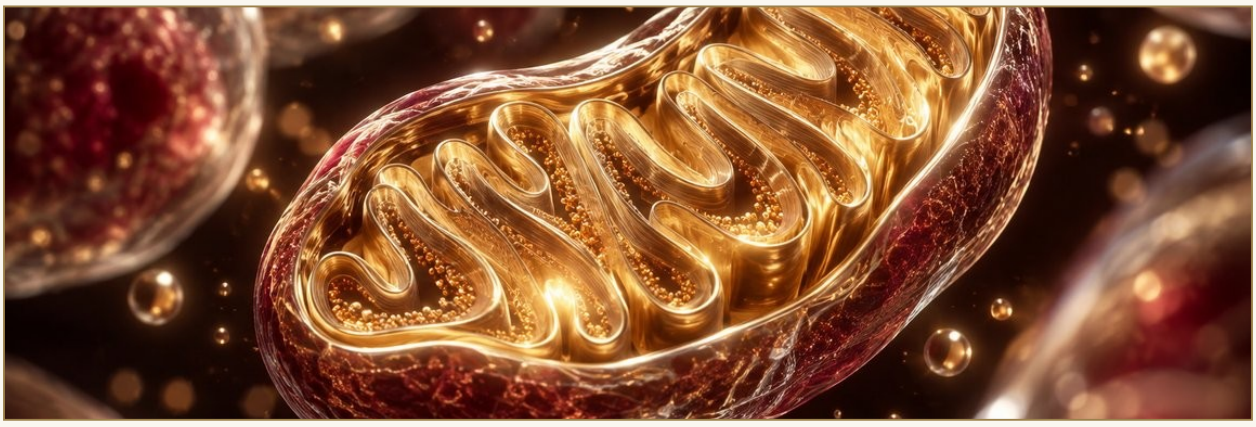
04 Measure and refine

Review progress and adjust the plan as your needs change.

Ask about eligibility, program components, and fees. Testing and follow-up are individualized.

INDIVIDUAL TARGETED HEALTH SERVICES

Metabolic health, bone & muscle



01 Metabolic Recalibration

Understand your metabolic picture through nutrition, activity, body composition, and clinical findings. Turn your assessment into practical goals and follow-up.

02 Bone & Muscle Health

Discuss osteopenia, osteoporosis, and sarcopenia with your team. Review bone density, muscle mass, strength, and risk factors to guide individualized care.

INDIVIDUAL TARGETED HEALTH SERVICES

Sleep & body composition

03 Sleep Optimization

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

04 Body Composition

Look beyond the number on the scale. Connect fat and lean-mass measurements with nutrition, resistance training, and medical care when indicated.

INDIVIDUAL TARGETED HEALTH SERVICES

Cognitive health & recovery

05 Cognitive Health

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

06 Autonomic Regulation

Explore the balance between stress and recovery through sleep, physical activity, and daily habits. Persistent symptoms deserve a clinical evaluation.

YOUR MEDICAL HOME

Medical care & personal health

Concierge Primary Care

Primary care, preventive planning, lab review, and coordination with a team that knows you. Ask about individual, couples, and family memberships.

Executive & Men’s Health

Discuss prevention, performance, metabolic health, hormones, sexual health, and the demands of daily life.

Women’s Midlife Care

Explore perimenopause, menopause, and midlife care. Your Norton Commons team can coordinate the appropriate provider and discuss specialist care within Marshall when needed.

CARE BUILT AROUND YOUR GOALS

Hormones, metabolism & daily health

Hormone Optimization

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

Medical Weight Management

Connect nutrition, activity, body-composition follow-up, and medical treatment when appropriate with a sustainable plan for your goals.

Sexual Health & Intimacy

Private consultations about sexual function, comfort, intimacy, and 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.

Norton Commons can coordinate the appropriate clinician and location.

MEASURE WHAT MATTERS

Advanced diagnostics

Choose tests that answer a clinical question. Our team coordinates testing at the appropriate Marshall location or outside facility.

Foundational Executive Physical

Marshall's Longevity Blueprint establishes a baseline for your health roadmap. It is distinct from the ongoing Executive Performance Program.

DEXA Bone & Body

Explore bone-density and body-composition assessments to inform your baseline and follow-up.

VO2 Max & RMR

Discuss cardiorespiratory fitness testing and resting metabolic rate assessment to help guide exercise and nutrition planning.

Medical Fitness testing is coordinated through Beaumont.

A CLEARER PICTURE OF YOUR HEALTH

Testing & screening

Laboratory & Biomarker Review

Clinically selected testing interpreted alongside your history and goals.

Home Sleep Testing

Assessment when your symptoms and clinical evaluation support it.

Cardiovascular Risk Assessment

Individual risk review and coordinated cardiac testing when appropriate.

Advanced Imaging & Screening

Discuss the value, limitations, and potential harms of selected tests.

Neurocognitive Assessment

Structured evaluation of cognitive performance when appropriate.

MOVEMENT BELONGS IN MEDICINE

Medical Fitness

Strength, cardiovascular fitness, mobility, and recovery belong in the same conversation as your medical care.

Assess. Plan. Put it into practice.

Explore fitness assessment, personal training, and exercise guidance coordinated with your clinical goals.

Connected through Marshall

Our Norton Commons team can connect you with Medical Fitness at Beaumont for testing, coaching, and training options.

Ask us about VO2 Max, RMR, body composition, strength, and the right starting point for you.

A CLINICAL CONVERSATION

Regenerative medicine

Regenerative Medicine & PRP

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

Stem Cell Consultations

Ask about the specific product, evidence, regulatory status, alternatives, and potential risks. These interventions are not established treatments for every condition.

Your care team can help clarify the appropriate provider, location, expected costs, and realistic treatment goals.

PERSONALIZED CLINICAL OPTIONS

Advanced therapeutics

IV Nutrient Therapy

Discuss available formulations, your medical history, and whether an infusion is appropriate for you.

NAD+ Therapy

Ask about available options, the limits of current evidence, and product-specific risks.

Peptide Therapy

Review the proposed product, its evidence, regulatory status, and risks with a clinician. A consultation does not guarantee a prescription.

Our team confirms clinical suitability, required monitoring, and the appropriate provider and location.

ASK YOUR CARE TEAM

Clinical injection options

Ketamine Injections

A separate evaluation addresses the intended use, off-label use where applicable, adverse effects, and supervised monitoring.

Kenalog Injections

A corticosteroid for selected clinical indications. Your provider explains the purpose, risks, and fit with your plan.

Vitamin & Nutrient Injections

Ask about B12 and other available formulations. Recommendations depend on your history and a clinical assessment.

Contact Norton Commons to confirm availability and coordinate an evaluation.

ADVANCED AESTHETICS

A thoughtful approach to aesthetic care

Start with your goals, your skin history, and a conversation with a qualified clinician. Our team can help you explore appropriate advanced aesthetic options and coordinate the right provider and location.

Wrinkle-Relaxing Injectables

Discuss treatments such as Botox and Dysport, including suitability, treatment areas, expected duration, and potential risks.

Dermal Fillers

Explore an individualized approach to facial balance and volume, with a discussion of product choices, alternatives, and treatment risks.

Your consultation comes first

A clinical assessment helps guide recommendations, preparation, recovery, and realistic expectations.

Ask Norton Commons about current treatments, injector availability, and separate fees.

ADVANCED AESTHETICS

Skin quality & restorative options

Microneedling & PRP

Discuss whether a treatment plan for skin texture or selected aesthetic concerns is appropriate for your goals and medical history.

IPL, Laser & Device-Based Care

Ask about available clinical treatments for concerns such as uneven pigmentation and skin texture. Device selection, suitability, and location vary.

Hair Restoration

A clinical evaluation can help identify contributing factors to hair loss and review suitable treatment options.

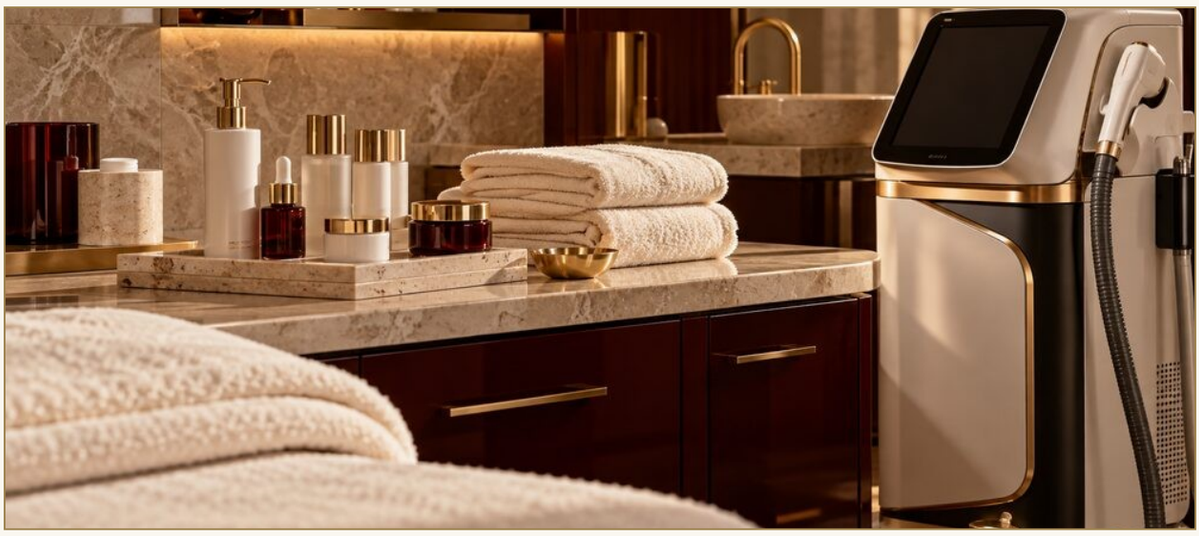
Body-Contouring Consultations

Discuss EMSCULPT and other available options, including candidacy, realistic goals, and treatment considerations.

Our team will confirm which services are available at Norton Commons and which require coordination with another Marshall location.

COMING THIS WINTER

Full aesthetic services



A fuller aesthetic experience is coming to Norton Commons this winter. Alongside advanced aesthetics, look forward to an expanded selection of skin and beauty services.

Facials & HydraFacial

Personalized treatments focused on hydration, texture, brightness, and your individual skin concerns.

Exfoliation & Chemical Peels

Explore dermaplaning, microdermabrasion, and peel options with guidance on preparation and aftercare.

Brow & Lash Services

Finishing touches that complement your personal aesthetic goals.

Medical-Grade Skin Care

Professional product guidance, personalized home routines, and support for concerns such as acne.

Coming this winter. Ask our Norton Commons team about launch updates, the final service menu, and appointment availability.

MARSHALL PRODUCTS

Targeted nutritional support

Longevity Blend

Marshall's exclusive Longevity Blend brings together ingredients including nicotinamide riboside, CoQ10, PQQ, alpha-lipoic acid, astaxanthin, and spermidine.

Additional Nutraceuticals

Ask about creatine, DHEA, EPA fish oil, methylated B complex, D3 + K2, collagen, and Mito Multi.

Our team can review the current formula, availability, potential interactions, and whether a product fits your needs. Supplements do not replace medical care.

YOUR LOUISVILLE-AREA MEDICAL HOME

Your Norton Commons team

Personal care starts with a team you know. At Norton Commons, we welcome your questions and help you understand the next step in your Marshall care plan.

Start with a conversation

Tell us what matters to you: preventive care, a health concern, performance goals, or advanced aesthetics.

A connected Marshall experience

We can explain membership options, coordinate appointments, and help connect you with the appropriate Marshall clinicians and services.

We look forward to seeing you.
Your Norton Commons Team

A NOTE FROM YOUR NORTON COMMONS TEAM

Let’s take your next step together

Curious about your health, an assessment, or a new service? We are here to help you find a useful starting point.

Schedule a Meet & Greet

Call (502) 729-2300

Marshall Medical Group | Norton Commons
10606 Meeting Street
Prospect, KY 40059

Tuesday-Friday, 9 AM-6 PM
and by appointment.

Services, availability, and fees vary by provider, location, and membership. Clinical recommendations are individualized, and results vary. Confirm details with our team.

Service and lifestyle imagery is illustrative. Practice details: marshalllifestylemedicine.com/locations/louisville