

# About InsideTracker

Embrace the data-driven approach to health + performance

Created by health and longevity experts from Harvard, Tufts, and MIT, InsideTracker provides a personal health analysis and data-driven wellness guide, designed to help you live healthier longer. By analyzing your body's biomarkers, InsideTracker provides a clear picture of your inner health along with a custom set of actionable recommendations for your nutrition, supplements, exercise, and lifestyle. Discover what's within you.

## Adding InsideTracker to our wellness plan

### 1. Establish a baseline for your wellness

Get a comprehensive health analysis to eliminate guesswork and identify clear targets for what you need to work on to feel and perform your best.

### 2. Unlock science-backed guidance

Receive a personalized Action Plan with specific nutrition, supplement, exercise, and lifestyle recommendations to help optimize the biomarkers that will set us up to achieve your wellness goals.

### 3. Integrate InsideTracker's plan with ours

Combining InsideTracker's data-driven plan with ours is the best way to optimize your path to improved performance while also maintaining a long-term focus on living healthier longer.

### 4. Retest, recalibrate, and reassess

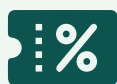
Routine retesting with InsideTracker provides us with an objective way to identify trends and inform our preparation for specific life or performance events, based on your most relevant available data.



## How to get started today



1. Visit [InsideTracker.com](https://www.insidetracker.com) to learn more and select your plan



2. Apply my discount code at checkout to save 25%



3. Accept the prompt to share your results (optional)



4. Complete your InsideTracker account setup



5. Follow instructions to schedule your blood draw

InsideTracker.com

