

EVOLVE

HEALTH & WELLNESS

Track what's really happening in your body — quick in-office checks and lab testing to guide every step of your program.

GET IN TOUCH

316-768-1900

Evolve Health & Wellness
Ask About Our Testing Menu

READY TO GET STARTED?

Let's Find Your *Right Test*

Ask Kristin or Charlotte which tests fit your goals at your next visit — in person, virtually, or by text.

IN-OFFICE & LAB TESTING

Testing *Menu*

Know Your Numbers

From a 5-minute scale check to lab-drawn hormone panels — find the right test to track your progress and uncover what's really driving your results.

4 TESTS TO CHOOSE FROM

*“You can't manage what you
don't measure.”*

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WHY IT MATTERS

Why Test Along *the Way?*

The scale only tells part of the story. Body composition, stress, insulin, and hormones all shape how your program is working — testing helps us catch what's happening beneath the surface and adjust your plan accordingly.

What Testing Can Reveal

- Muscle, fat & hydration changes
- Whether you're in fat-burning mode
- Hidden hormonal or metabolic barriers
- Stress levels working against your goals

Based on results, Kristin Loyd can make recommendations to help you lose weight more efficiently or what lifestyle changes to make.

IN OFFICE · 5-10 MINUTES

In-Office Body Comp

\$25

Step onto our scale and get a full printout of your body composition.

Measures muscle mass, protein levels, hydration, fat mass, visceral fat, and estimates your metabolic age.

IDEAL FOR

Anyone wanting a fast, no-appointment snapshot of their progress.

\$25

Available every visit — In Office

ORDERED · PERFORMED AT
CYPRESS

DEXA Body Comp

\$100 + \$150 facility

The gold-standard scan for body composition.

Measures fat mass, lean mass, and bone density with clinical precision. Kristin reviews your results with you at your next visit.

IDEAL FOR

Patients who want the most precise data on fat loss vs. muscle preservation.

\$100 + \$150

Clinic fee + Cypress facility cost

TWO WAYS TO MEASURE

Which Test Is Right for You?

Both track body composition — choose based on how often you want to check in, and how precise you need the data to be.

In-Office Body Comp

Fast, free-standing, and easy to repeat monthly to spot trends.

DEXA Scan

The most precise option — ideal for an in-depth baseline or periodic deep check.

Ask Kristin or Charlotte which fits your goals.