

Ready to Get Started?

Ask your care team about the Stubborn Weight Loss Protocol Package at your next visit — or reach out directly to schedule your testing.

- **Evolve Health & Wellness**
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Timeframe: Complete your full workup within 1 month, and schedule your provider results review before your next dose adjustment.

WHY THIS PACKAGE

We Can't Manage What We Don't Measure

These tests give your provider real data about your metabolism, stress physiology, and lab markers — so we can build a strategy tailored to your biology, not a generic plan.

- ✓ Salivary Cortisol Testing
- ✓ Metabolism & Body Composition Testing
- ✓ Lab Work-Up
- ✓ 3-Day Calorie Count
- ✓ **Complimentary Provider Results Review** — included with your package

Open the front cover to see what's inside →

How It Works

- 1 Complete Your Testing**
Cortisol, metabolism/body composition, labs, and your 3-day calorie count — within 1 month.
- 2 Log & Track**
Record your results in the Eli app and your calorie log so we have real data to compare.
- 3 Review With Your Provider**
A complimentary visit to walk through everything together and fine-tune your plan.

STUBBORN WEIGHT LOSS PROTOCOL

The Stubborn Weight Loss Protocol Package

Getting to the Why Behind Stubborn Weight

A personalized metabolic workup, plus a complimentary results review with your provider — so your plan is built around your biology.



Cortisol Testing



Metabolism & Body Comp



Lab Work-Up

WHAT'S INCLUDED

What You Receive

1. Salivary Cortisol Testing

An at-home test kit (3–4 samples) tracked in the Eli app. Shows whether stress or a disrupted daily cortisol rhythm may be contributing to fat storage — regardless of calorie intake.

2. Metabolism & Body Composition Testing

A ~30-minute in-office breath test. Reveals your true resting metabolic rate plus a detailed breakdown of muscle, fat, bone, and hydration — beyond what height/weight formulas can tell us.

3. Lab Work-Up

Bloodwork at Labcorp (order on file). Checks markers like insulin, inflammation, and hormones that can make weight loss harder even with a good plan in place.

4. 3-Day Calorie Count

A simple food log (BodySite or MyNetDiary app) that gives us real data to compare against your metabolism results.

None of these tests stand alone

We interpret your cortisol, metabolism, and lab results together — alongside your calorie log — to see the full picture of what's making weight loss harder.

PRICING

Your Investment

Protocol Testing Costs

Test	Price
Metabolism & Body Composition	\$75
Salivary Cortisol (per test, 3–4 typical)	\$25
Lab Work-Up	See below

Lab Bundle Packages (Best Value)

Package	Price
Starter — Insulin + Cortisol	\$50
Plus — + Hormones (thyroid free)	\$145
Comprehensive — + Nutritional & Inflammation	\$250

À La Carte Add-Ons

Lab	Price
Comprehensive health labs	\$35
Nutritional & inflammation only	\$105
Hormones only	\$105
Insulin only	\$35
Cortisol only	\$35

INCLUDED WITH YOUR PACKAGE

Your Free Results Review

A complimentary visit with your provider

Once testing is complete, you'll meet with your provider — virtually or in person — to walk through your cortisol pattern, metabolism results, and labs together, and fine-tune your plan around your biology. This review is included at no additional charge.

Timeframe: Complete all testing within 1 month, then schedule your virtual results review before your next dose adjustment.

Before Your Review Visit

- ✓ Have your metabolism/body composition paper results in hand
- ✓ Log your calorie intake in BodySite or MyNetDiary
- ✓ Complete your salivary cortisol testing in the Eli app
- ✓ We'll pull your lab results and share them with you at the visit