Women's Health Program

by Dr. Erika Schwartz

Your strongest decades start here.

A comprehensive six-month program of preventive precision medicine for women in perimenopause or menopause, designed by Dr. Erika Schwartz, one of the world's leading voices in women's health, and delivered by your clinical team at A-Life.

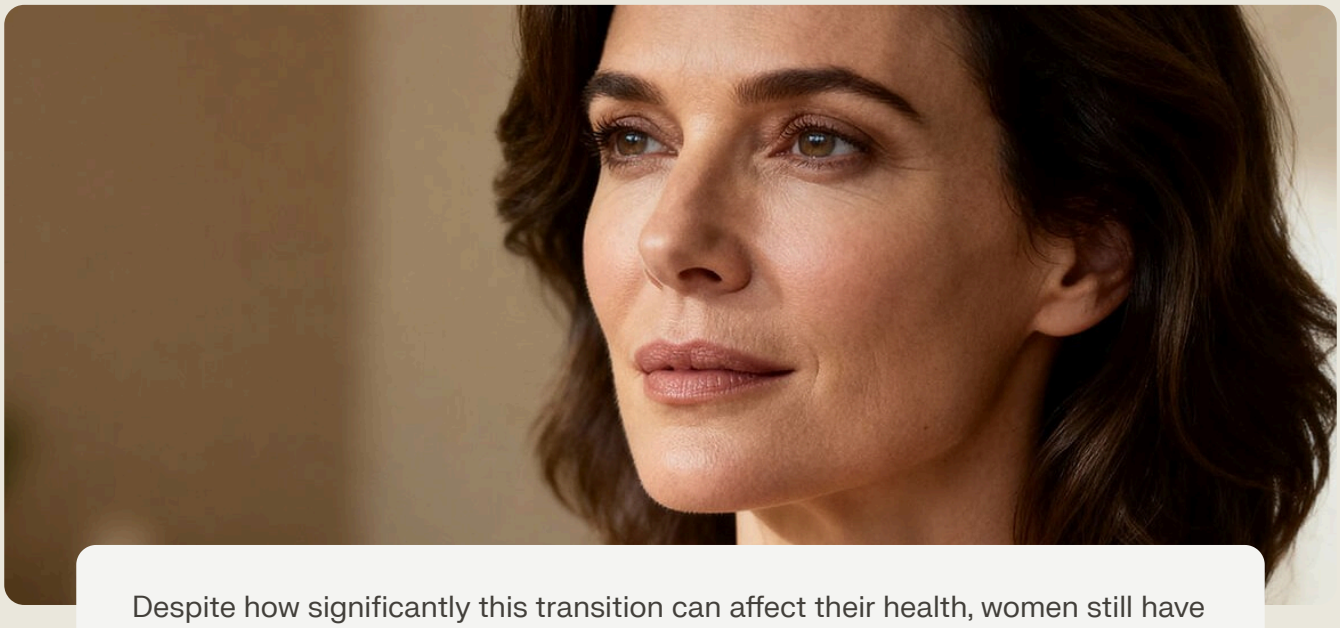
The years around menopause are an important opportunity to rethink your health

What you may notice

Perimenopause and menopause are usually described as the end of fertility. In reality, they transform your whole body. You may notice differences in how you sleep, think and feel, from night sweats, to lower libido, brain fog and mood swings. Your body composition may shift too, with muscle loss and an increase in abdominal fat, even when your habits haven't changed.

What happens quietly

Other effects happen more quietly. Bone density can decline, cardiovascular risk factors can shift, and metabolic health can deteriorate long before symptoms become apparent.



Despite how significantly this transition can affect their health, women still have too few opportunities to understand what is happening in their bodies and what they can do about it. Many still navigate this transition without the information, guidance or medical support they deserve.

We believe this stage deserves the same rigor as any important moment in your health, because the decisions you make in your 40s and 50s can help shape the decades ahead.

A comprehensive approach to women's health developed with a pioneer in the space



30+
years of clinical experience

A4M
faculty member

NYC
preventive medicine physician

Developed in collaboration with Dr. Erika Schwartz, A-Life's scientific advisor, founder of Evolved Science and internationally recognized hormone medicine expert with over three decades of clinical experience, the Women's Health Program draws on her pioneering approach to individualized hormone health.

Her clinical philosophy and protocols underpin the program, delivered by A-Life's multidisciplinary medical team in the privacy of our Milan clinic.



At its core is hormone therapy, prescribed when clinically appropriate. Alongside it are the other factors that shape how you feel and how you age: nutrition, strength, sleep and pelvic health.

An integrated team, built around you

Gynecology, hormone medicine, cardiology, radiology, pelvic health, nutrition and performance medicine, working as one.



Your program is led by Dr. Guia Carminati, our Program Medical Director and Head of Gynecology, who follows you personally from your first medical history and debrief through every review.

Your specialists

She coordinates each specialist involved in your care.



Dr. Giulio Melisurgo
Cardiology



Dr. Silvia Ajello
Cardiology



Federico Colombo
Performance



Pietro Blumetti
Nutrition

A dedicated clinical coordinator looks after every practical detail throughout your program.

What to expect from the program

01

Feel like yourself again

A thorough assessment establishes whether hormone therapy or an alternative treatment is right for you.

- Relief from hot flashes, night sweats, poor sleep, low mood and low libido
- Support for cognitive function, as well as energy and vitality.
- Pelvic floor care for bladder control, comfort and intimacy
- Tailored strength training and nutrition to rebuild muscle and improve body composition
- Targeted skin health support

02

Protect your long-term health

The years around menopause are a critical window for prevention, when early intervention can have a lasting impact.

- Stronger bones and a lower risk of fractures
- Cardiovascular health
- Brain health
- Metabolic health

03

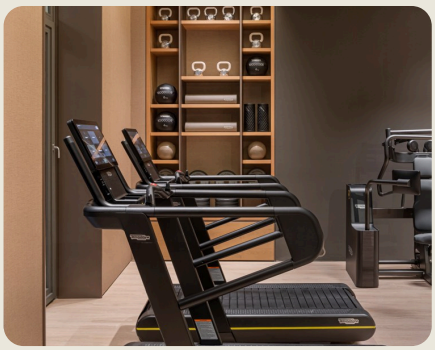
Personalized care

There is no single answer, only the one that's right for you.

- Hormone therapy when clinically appropriate, or non-hormonal alternatives.
- Personalized nutrition and training plans.
- Additional support through sleep programs, pelvic floor technologies such as Emsella, and precision therapies where indicated, including PRP and IV therapies.







Please note that the program outlined is indicative and will be tailored to each individual's needs and risk profile. It is developed in collaboration with Dr. Erika Schwartz, whose consultations are available additionally on request.

Why women choose A-Life

Beyond standard menopause care

01

Optimal, not just “normal”

Normal lab results aren’t the goal. We look beyond reference ranges to understand what supports your health, strength and wellbeing, and help you get there.

02

Led by a global pioneer

Designed in collaboration with Dr. Erika Schwartz, the program brings internationally developed hormone protocols and expertise to A-Life in Milan.

03

Your health, considered over time

Most care stops at symptoms. We treat what you feel today and what’s quietly changing underneath, in one program with hormone therapy at its core and nutrition, strength training, sleep, pelvic floor care and precision therapies built in from day one.

04

Precision, not protocol

Your plan reflects your biology, symptoms, goals and risk profile. From diagnostic assessment to hormone therapy, every decision is tailored to your individual needs.

05

Integrated and multidisciplinary by design

Gynecology, cardiology, hormone medicine, nutrition, physical performance and pelvic health come together under one roof. Your Medical Director connects the findings and recommendations into one integrated health strategy.

Your journey with us

Day 1 — Within 2 weeks — Months 1 to 6

Step 1

One day, a comprehensive assessment

It begins with a full lab panel, taken from the comfort of your home. Then, in a single day at A-Life, we look at every part of you the hormonal transition affects: 3D mammography and breast ultrasound, a whole-body MRI, a DEXA scan of your bones and body composition, a gynecology and pelvic floor assessment, a cardiology review, and tests of your strength, fitness and sleep.

Step 2

A plan built around you

Your medical director brings every result together into one personalized plan. Your plan may draw on hormone or non-hormonal treatment, pelvic floor care, nutrition and training, and advanced therapies where indicated. Every decision is explained and made together with you.

Step 3

Six months of ongoing support

We review your progress at 2, 4 and 6 months, reassessing what matters and refining your plan over time. We track key markers including symptoms and sleep, with body composition reassessed where indicated.

2 4 6 months

What we track

Symptoms — **Body composition** — **Lab panel** — **Sleep**







Your six months in detail

The program combines a comprehensive initial assessment, specialist medical consultations, personalized treatment planning and scheduled reviews over six months. Everything on these pages is included.

Before · Check-up day · Debrief · Month 2 · Month 4 · Month 6

Before check-up

From the comfort of your home

Service	What it involves	Status
Initial anamnesis		
Medical history and initial consultation	Review of your health history, symptoms and individual risk factors	Included
Laboratory testing		
Comprehensive laboratory panel	Hormonal, thyroid, metabolic, lipid, inflammatory and micronutrient markers, establishing your individual baseline	Included
Celiac screening	Tissue transglutaminase IgA (tTG-IgA) reflex test	Included
Thrombophilia screening	Assessment of inherited and acquired clotting factors before any estrogen-based therapy is considered	Included

Check-up day

One day at A-Life, part 1

Service	What it involves	Status
Advanced imaging		
Whole-body MRI	High-resolution, radiation-free magnetic resonance imaging of the whole body, with a focus on oncological screening	Included
Bone health		
DEXA bone densitometry	Measurement of bone mineral density at the spine and hip	Included
CTX (C-terminal telopeptide)	Blood marker indicating the rate of bone resorption	Included
Cardiovascular health		
Cardiology consultation	Specialist review of your cardiovascular history and risk factors	Included
Resting electrocardiogram (ECG)	Assessment of heart rhythm and electrical conduction	Included
Echocardiography with color Doppler	Ultrasound assessment of the heart's chambers, valves and blood flow	Included
Supra-aortic trunk Doppler	Ultrasound assessment of the carotid and vertebral arteries supplying the brain	Included

Check-up day

One day at A-Life, part 2

Service	What it involves	Status
Breast health		
Bilateral mammography	High-definition imaging of both breasts, with formal reporting of breast density	Included
Bilateral breast ultrasound	Supplementary imaging to assess breast tissue	Included
Gynecological and intimate health		
Specialist gynecological consultation	Detailed medical history and assessment of the uterus, endometrial thickness and ovaries, with attention to genitourinary and intimate symptoms	Included
Transvaginal ultrasound	Imaging of the uterus, endometrium and ovaries as part of the gynecological assessment	Included
HPV and cervical cytology co-testing	High-risk HPV testing and a Pap smear from a single sample	Included
Pelvic floor		
Pelvic floor assessment	Specialist evaluation of muscle tone, strength and coordination to determine whether a targeted program would be beneficial	Included
Muscle, body composition and performance		
DEXA body composition	Measurement of lean mass, fat mass and visceral fat	Included
Mobility, flexibility, strength and power assessment	Evaluation of how your body moves, stabilizes and generates force	Included
VO_2 max testing	Measurement of maximal oxygen uptake, used to define your personal training zones	Included
Nutrition		
Nutritional assessment	Evaluation of how your diet supports energy, muscle and metabolic health	Included

Check-up debrief

Within 2 weeks

Service	What it involves	Status
Medical debrief		
First HRT gynecological consultation	Review of your findings and agreement on your personalized hormonal or non-hormonal plan, including supplementation recommendations	Included
Nutrition and performance debrief		
Performance debrief	Translation of your assessment findings into personalized movement and training recommendations	Included
Nutrition debrief	Translation of your findings into personalized nutritional recommendations	Included
Program concierge service		
Clinical coordination Throughout the program	A dedicated clinical coordinator who organizes your appointments and looks after every practical detail	Included
Medical concierge line Throughout the program	A direct line to your care team for questions between appointments	Included

Ongoing support

Every month (1 to 6)

Included

Nutrition consultation
Including bioimpedance, skinfold measurement and omega-3 monitoring

Training coaching session
Built around your assessment results

Month 2

Included

Medical follow-up

Medical consultation
30-minute review of your response to treatment and therapy adjustments where appropriate

Month 4

Included

Gynecological follow-up

Gynecological consultation
Follow-up consultation to review your progress and treatment

Month 6

Included

Gynecological and hormonal review

Gynecological consultation
Follow-up consultation with transvaginal ultrasound

Blood panel
Gynecological and endocrine mini-lab panel

Add-on

Alongside your reviews, your clinical team may recommend personalized additions based on your results, from pelvic health to precision and regenerative therapies.

See next page

Personalized additions

Add-on — Recommended by your clinical team based on your results, on top of your program.

Additional diagnostics

Sleep assessment + €350
Overnight sleep quality monitoring to identify sleep disturbances, reviewed in a neurology consultation
Where indicated

Genetic testing On request
14-gene panel, including BRCA1, BRCA2 and PALB2, to assess hereditary cancer risk, with genetic counseling before and after
Where indicated

DEXA body composition reassessment + €180
Repeat DEXA scan to track changes in lean mass, fat mass and visceral fat, performed at month 6
Month 6

Pelvic and intimate health

Emsella + €1,080
High-intensity focused electromagnetic stimulation for pelvic floor support, delivered in a six-session program

Pelvic floor rehabilitation + €1,080
Specialist-led physiotherapy to strengthen and retrain the pelvic floor, delivered in a six-session program

Oxygen therapy + €900
Medical oxygen therapy to support tissue oxygenation and recovery, delivered in a two-week block of five sessions

Precision therapies

PRP (platelet-rich plasma) + €1,800
Platelet-rich plasma applied to vulvovaginal tissue to support regeneration and comfort, delivered in three monthly sessions

IM therapies On request
Intramuscular injections, such as vitamin B, to address specific deficiencies, prescribed according to your results

Whole-body photobiomodulation On request
Whole-body red and near-infrared light therapy to support recovery and cellular energy, in individual sessions or packages, following clinical assessment

IV and cellular therapies On request
Intravenous NAD+, glutathione, vitamin C and B-vitamin infusions to support energy and cellular health, prescribed according to your results

REAC + €810
Radio-electric neurobiomodulation to support stress management and sleep, starting with a specialist consultation (€350), followed by a treatment cycle

Ozone therapy + €1,080
Medical ozone therapy to support circulation and tissue health, delivered subcutaneously (six sessions) or rectally (twelve sessions), according to physician assessment

Skin and hair

Dermatology consultation + €510
Specialist consultation with a skin health and age assessment, measuring photoage and chronoage with LC-OCT imaging

PRP for the scalp + €1,800
Platelet-rich plasma injections to support hair density and scalp health, delivered in three monthly sessions

Polynucleotides for the scalp + €3,000
Polynucleotide injections to support scalp regeneration and hair quality, delivered in ten sessions, twice a month

Your six-month Women's Health Program

Payment terms

Includes your check-up day

On day 1	~~€4,600~~
Then, each month for 6 months	~~€1,000~~ / month

Already completed an A-Life health assessment? Get in touch for your personalized price.

A comprehensive, personalized program designed to support you through every stage of the menopause transition.

- **Comprehensive check-up day**
- **Personalized plan**
- **Reviews at months 2, 4 and 6**

The best decades of your life start with a conversation

Book a private consultation with our team to find out whether the program is right for you.

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