

HolistIQ

PERSONALIZED SUPPORTIVE WELLNESS

Thrive Through CancerTM

Personalized wellness that walks alongside your cancer care, through treatment, recovery, and everything after.



Cancer may become part of your story.
It doesn't have to become the whole thing.

YOU ARE STILL HERE

Behind every diagnosis is a whole person

A diagnosis changes everything in a single moment. One day life looks one way, and the next your calendar is full of appointments. Words you never used before turn into normal dinner-table talk. Your body feels different. Your energy is different. Even what matters to you starts to shift around.

And somewhere in all of that, it's easy to lose sight of the person you were before any of this started. That person is still here.

Behind every diagnosis is a real human being. Someone who wants to feel a little stronger. Someone who wants their energy back. Someone who still wants to show up for the people they love. Someone holding onto hope.

At HolistIQ we think you deserve care that looks after **you**, not just the illness. Your medical team is focused on treating the disease. We're here for everything around that. The part where you're still a whole person with a life to live.

That's what **Thrive Through Cancer™** is. A personalized wellness program that works alongside your oncology care, helping you understand what your body needs as it changes and building your resilience through treatment, recovery, and whatever comes after.

NO TWO JOURNEYS ARE THE SAME

Looking beyond the diagnosis

People move through treatment and recovery in their own way, at their own pace, and what helps one person might do nothing for the next.

So much plays into how you feel day to day. What you eat. How you're sleeping. Your stress. How much you're moving. Your digestion. How you're doing emotionally. Even the small daily habits you don't think about.

So we don't hand you a generic plan and wave you off. Dr. Anubha builds something around your body, your situation, and what you actually want out of this.

Is this program for you?

It might be, if any of this sounds like where you are right now:

- ✓ You've just been diagnosed and you're still catching your breath.
- ✓ You're getting ready for surgery or treatment.
- ✓ You're in the middle of chemo, radiation, immunotherapy, or hormone therapy, and you want to feel more like yourself through it.
- ✓ Treatment is behind you and you're working on getting your strength back.
- ✓ You're a survivor now, and you want to protect the health you fought so hard for.
- ✓ You just want personalized guidance that fits around the medical care you're already getting.

OUR APPROACH

Cancer touches the whole person

Cancer doesn't just affect one part of you. It touches everything. So the support does too. Depending on what you're dealing with, your plan might include help with:

Nutrition & eating well

Fatigue & energy

Sleep

Digestion

Stress resilience

Emotional wellbeing

Gentle movement

Survivorship

None of it is set in stone. As your needs shift through the journey, the plan shifts with you.

What makes HolistIQ different

We think the support around your treatment should be as personal as the treatment itself. Instead of zeroing in on one symptom, we look at the fuller picture of how you're doing.

Your **HealthPrint™** helps guide what we recommend, and we repeat it through your program so we can actually see how your body is changing and adjust to it.

We are not here to replace your oncology team. Not even close. We're here to walk next to you and help you make everyday choices that support you while they do their work.

WHERE IT BEGINS

Your journey starts here

Everything begins with a **HolistIQ Discovery Assessment™**. This is where we sit down and really get to know your situation. Your health history, where you are in treatment right now, your lifestyle, your goals, and the patterns in your body that help shape what we suggest.

The HolistIQ Discovery Assessment™

Includes your HealthPrint™ scan, a review of your lifestyle and stress, a findings report, and a full 60-minute consultation with Dr. Anubha.

\$299

\$199 credited toward any program you enroll in within 14 days. So most of what you pay to get started comes right back to you.

After your assessment, Dr. Anubha will recommend the level of care that fits where you are and what you'll need going forward. There are three paths.

CHOOSE YOUR LEVEL OF CARE

Three paths forward

RESET™

\$750

3 Months

For people who are just starting treatment or moving into recovery and want solid ground under them. You get a kickoff with Dr. Anubha to set your direction, monthly HealthPrint™ assessments so we can track how your body is responding, and a written review from her near the end to see where you've landed.

RECOVER™

\$1,250

6 Months

More time, and more of Dr. Anubha along the way. Everything in RESET, plus a written check-in partway through and a live session with her at the end to look at the whole picture and plan what comes next. A good fit if your body is still adjusting through treatment and recovery.

FULL PARTNERSHIP

TRANSFORM™

\$2,000

12 Months

The full year, built for the long game. Survivorship and rebuilding, not just getting through. You get monthly HealthPrint™ assessments the whole way, written check-ins across the year, and live sessions with Dr. Anubha spaced through the twelve months so your plan keeps evolving as you do. It's less of a program and more of a real partnership.

What your journey may include

Depending on your level of care, your program may include:

- ✓ Monthly HolistIQ HealthPrint™ assessments
- ✓ Progress monitoring
- ✓ A personalized wellness plan
- ✓ Nutrition guidance
- ✓ Lifestyle recommendations
- ✓ Sleep support
- ✓ Movement and recovery strategies
- ✓ Stress resilience practices
- ✓ Educational resources
- ✓ Ongoing adjustments to your plan as things change

Everything is personalized to you, and all of it is meant to work alongside your medical treatment, never in place of it.

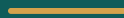
Healing isn't only about the disease. It's about the whole person living through it.

We believe you deserve to feel heard and supported through all of this, not treated like a case number. Even in the hardest stretch of life, there's still room for strength. Still room for hope. Still room to feel like yourself again.



Let's begin, together

It all starts with understanding where you are right now. Book your HolistIQ Discovery Assessment™ and let's map out a wellness path built around you, for treatment, recovery, and everything that comes after.



Book: holistiqscan.care/book-consultation

Email: info@holistiqscan.care

Call: +1 516 946 1201

Visit: Plainview, New York 11803 · [@theholistiq](https://www.instagram.com/theholistiq)

MEDICAL DISCLAIMER

Thrive Through Cancer™ is a supportive wellness program. It is not intended to diagnose, treat, cure, or prevent cancer. It is designed to complement, not replace, the care provided by your oncology and medical team. Always talk to your treating physician before making significant changes to your treatment, medications, diet, or supplements.