

FORUM HEALTH

PEAK PERFORMANCE MEMBERSHIP



Fred Grover Jr. MD



Erika Shepard FNP-C



Julie Roger RN

Welcome!

AS A PRIMARY CARE TEAM WITH OVER 60 YEARS OF COMBINED, HOLISTIC EXPERIENCE, WE ARE THRILLED TO HAVE YOU IN OUR CARE.

True wellness begins with balancing the mind and body—an essential foundation for living an active, joyful, and fulfilling life. Yet when health is disrupted, whether by chronic conditions or sudden illness, the ripple effects can touch every aspect of your well-being.

In today's world, we're all navigating a rising tide of stressors that challenge our vitality more than ever before. That's why we're deeply committed to offering the highest level of integrative, functional, and longevity medicine—to not only restore your health, but elevate it. Our mission is to enhance both your health span and lifespan, keeping you resilient, vibrant, and thriving at every stage of life.

Congratulations on taking the first powerful step toward optimal health. Your journey to greater vitality starts here—and we're honored to walk it with you.

DR. FRED GROVER JR MD

- Board Certified Family Medicine, FAAFP
- Board Certified Anti-Aging Medicine, ABAARM
- Board Certified Integrative/Holistic Medicine, ABIHM
- Bio-Identical Hormonal Replacement Certified
- Aesthetic Dermatology Certified

ERIKA SHEPARD FNP-C

- Board Certified Family Medicine, AANP
- Mind Body Medicine Certified, CMBM
- Fellowship in Functional Medicine, FMU
- ThetaHealing Certified

WHAT IS INCLUDED

PEAK PERFORMANCE MEMBERSHIP

Welcome to the Peak Performance Membership — a new level of personalized care designed to help you optimize rejuvenation, performance, vitality, and metabolism.

If you're not enrolled in our Advanced Wellness Membership, this program offers an excellent option for comprehensive support tailored to your health goals.

What's Included – \$195/month

12-month commitment required

Your membership provides an integrated approach to health, focused on bioindividual treatment and results. What's included is:

- Comprehensive Functional Lab Panel (initial)
- A full-body lab evaluation including hormone levels, nutrient status, inflammation markers, and a comprehensive metabolic reading to assess kidney, liver, glucose, metabolism and electrolyte function.
- Initial In-Person Consultation
- Meet with a provider to review your lab results and receive a customized treatment plan.
- Monthly Follow-Ups & Health Coaching
- Ongoing support and monitoring, especially if using peptide therapy.
- Peptide Refills
- Prescription management and clinical guidance.
- Personalized Supplement Protocol
- Tailored to your lab findings and personal goals.

Important Membership Requirements

To ensure the highest standard of care, please note the following policies:

- 12-Month Commitment
- This membership requires a 12-month commitment, billed monthly. Early cancellation may be subject to a fee.
- Annual In-Person Visit Required
- At least one in-person office visit at our Denver Forum Health location is required each year.

What's Not Included in Monthly Fee

- Peptide medications
- HRT and other prescriptions not included
- IV therapy
- Nutritional supplements
- Additional lab tests beyond the initial panel
- No Insurance Billing
- We are a cash-based practice and do not bill insurance for our services.
- Initial Enrollment Fee
- A \$195 non-refundable fee is required to begin your membership.

TOOLS & RESOURCES

01 EMAIL/PHONE SUPPORT
Do not hesitate to reach out to our office with any requests, questions, or concerns! We are always here to help.

03 MONTHLY NEWSLETTERS
Dr. Grover Is passionate about keeping you up to date and addressing current news in health, fitness, and wellness.

02 SUPPLEMENT DISPENSARY
Utilize our in-office supplement dispensary! wellness has never been so convenient! Call ahead to coordinate pick up.

04 ONLINE SUPPLEMENT DISPENSARY
If you prefer recurrent online ordering, reach out to our office to be set up with our online dispensary option!

HOW TO REACH US

Office Hours: M - F 9:00am - 5:00pm MST

 Email	Denver@Forumhealth.com
 Phone	303-355-2385
 Website	https://forumhealth.com/clinics/colorado/denver/