



x Parsley Health



# Finally, take control of your health and find the root cause.

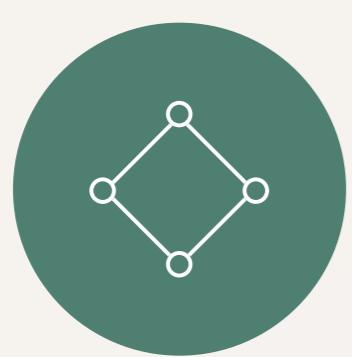
Valley Schools has partnered with Parsley Health, a virtual root-cause medicine benefit, to help employees and their dependents 18+ who are managing chronic health conditions get better.

**Uncover the “why” behind your symptoms and start feeling better** with advanced testing, 1:1 health coaching, and a personalized health plan made just for you.

## What is root-cause medicine?

Root-cause medicine is a clinical approach to finding long-term solutions, not short-term band-aids. In addressing the underlying reasons behind why a patient isn't feeling well and recommending a holistic approach, we see tremendous outcomes, high satisfaction, and less of a reliance on prescription drugs.

## What we treat



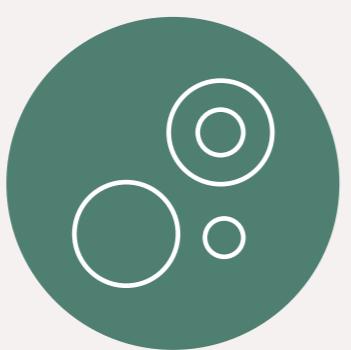
Reproductive Health & Hormones



GI & Digestive Issues



Autoimmune Disorders



Diabetes



Metabolism & Heart Health



“The personalized support and guidance provided by Parsley Health have been incredibly beneficial. It's been invaluable to have someone spend ample time reviewing all my charts and identifying any levels that might be out of place...

**Since I began working with them, I've lost 30 pounds, feel much more energized, and experience fewer symptoms. I am also now more aware of which foods affect my body and how.”**

Valley Schools employee

# The Parsley approach

Our evidence-based, holistic approach gets results.

85%

of Parsley patients reduce or eliminate symptoms within one year.

75%

of Parsley patients are able to reduce their use of prescription medications.



## We *really* get to know you.

You're more than just your chart. Parsley clinicians take the time to listen and get to know you, your lifestyle, history, and concerns to get a full picture of your health and goals.

## We treat the *root cause* of symptoms

Instead of treating symptoms on the surface, Parsley digs deeper with advanced testing and a personalized health plan to address them at their root cause.

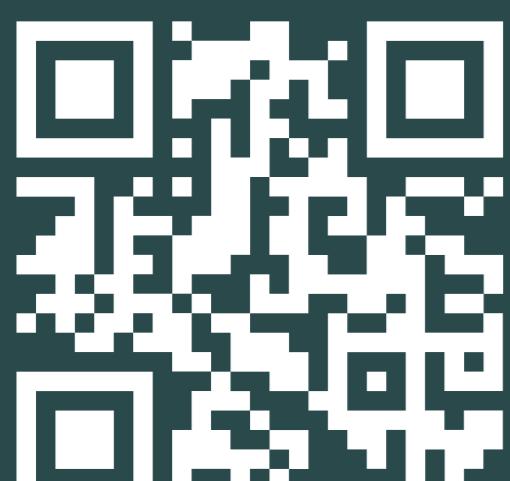
## We partner with you for *long-term wellbeing*

Improving your health takes time and support. Parsley provides both with 1:1 health coaching to keep you on track between doctor visits, plus direct messaging with your care team.

## Benefit eligibility

Valley Schools is excited to partner with Parsley Health to provide root-cause medicine care to eligible employees and dependents 18+ on the UnitedHealthcare medical plan with Valley Schools who are managing a chronic condition. Parsley Health's personalized program proactively addresses top risk factors and health conditions, including autoimmune, reproductive and hormone health, metabolism and heart health, diabetes, and GI and digestive health.

You will receive 5 annual medical visits, 5 health coaching sessions, a personalized health program, and direct messaging with your Parsley medical team. Lab testing is not included but may be covered by your insurance.



## Ready to start feeling better?

Scan QR code or visit [parsleyhealth.com/valleyschools](https://parsleyhealth.com/valleyschools) to complete the intake form to see if you are eligible for the program and schedule your first visit today.