



GORDON C GUNN, MD, FACOG

CONCIERGE PERSONALIZED CARE  
GYNECOLOGY • HORMONE THERAPY  
INTEGRATIVE MEDICINE

## LIFE GOAL:

*Your **Healthspan** Equals Your **Lifespan***

### HOW to ENROLL in the *BOSTON HEART LIFESTYLE PROGRAM*

- Go to: [www.BostonHeartDiagnostics.com](http://www.BostonHeartDiagnostics.com)
- Select: **'Patient Login'** tab
  - If you are a **New Patient** to the Boston website:
    - Create your account using the I.D. number Boston assigned you at the top of the page of your Boston Lab results
    - Login under your Account
  - If you have a Boston account, simply Login under your account
- Select: **'Take Your Questionnaire'** tab at the top of the page. Then:
- Select: **'View my Life Plan'**
- Print: your **'Personalized Nutrition and Life Plan'**
- Next: click on **'Select a Coach'** and benefit from an initial consultation
- Monitor your dietary program using the **'DietID Dietary Assessment'** link.
- Download: **'Heali'** app and access recipes, grocery products and your local grocery home delivery service options.