



# Prana Health Summary — Personalized Integrative Wellness

Where Human Care Meets Intelligent Support

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## Our Vision

In a crowded world of health-washing and one-size-fits-all wellness advice, people crave personalized, trustworthy guidance rooted in clinical integrity.

**Prana Health** is redefining integrative care — blending **AI-driven personalization with human clinical expertise** to deliver wellness plans, therapies, and product recommendations that are evidence-based, vetted, and genuinely effective.

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## How It Works

- ◆ **Comprehensive Intake & Wellness Mapping**

Clients complete a detailed assessment covering lifestyle, goals, health history, and wellness preferences.

- ◆ **AI-Powered Guidance + Human Provider Support**

AI provides personalized recommendations, tracking tools, and accountability check-ins. Licensed providers — from naturopaths to practitioners — review, validate, consult, and refine plans, bringing human nuance and care.

- ◆ **Clinically Vetted Products & Services**

Every product, therapy, and service the AI recommends is **sourced and approved by our in-house Clinical Advisory Board** — ensuring safety, quality, and alignment with integrative

care standards.

→ Users engage only with offerings that meet strict clinical and evidence-based criteria.

♦ **Accountability, Adaptation & Outcomes Tracking**

AI-powered habit tracking, provider-led adjustments, and measurable health outcomes — designed to drive sustainable change.

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## **Our Commitment to Clinical Integrity**

✓ **Personalized, Evidence-Backed Recommendations**

✓ **Clinician-Vetted Products & Services — Never Random Algorithms**

✓ **Human-Centric Care, Supported by AI**

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## **Why Now?**

- Over 70% of adults use alternative or complementary therapies — often without guidance or evidence-backed plans.
  - Existing wellness platforms lack both clinical oversight and personalization.
  - Consumers and health systems demand outcomes-driven, trustworthy solutions.
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## **Be Part of the Future of Integrative Wellness**

We're building a platform where AI enhances — not replaces — the human care experience. Join us in transforming alternative wellness into a trusted, evidence-backed movement.

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## **Contact**

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