

MY 360 LIVE

Care Built to Live Well & Live Fully.

A premium, proactive care program built to help you stay ahead of your health at every stage of adult life. My360 Live combines prevention, early detection, and coordinated specialist care — through a long-term partnership with your dedicated healthcare team — so you always know exactly where you stand, and what's next.

● Partnership Framework — a long-term relationship with a dedicated healthcare team	● Dedicated Support — a Care Coordinator manages bookings; a Program GP provides continuous support
● Preventive Care — stay ahead of concerns through regular assessments & screenings	● Comprehensive Healthcare Services — one network — GPs, consultants, diagnostics & wellness experts
● Wellbeing Focus — care for your body, mind & daily life — not just lab results	● Medical Condition Management — continuous, coordinated care for any existing condition
● Expert Clinical Oversight — a Consultant leads your care, backed by a network of specialists	

① Core Health Evaluations Establishing a clinical baseline through preventive care & monitoring	② Sensory & Dental Wellness Prioritizing long-term eye health and oral hygiene	③ Risk-Based Specialist Referrals Tailored screenings for heart, bone & gender-specific health
④ Wellness & Psychological Support Nutritional guidance and mental wellbeing support	⑤ Lifestyle & Longevity Medicine Proactive strategies for long-term health span & vitality	⑥ Continuous Care Excellence An ongoing partnership with your MRP, Program Doctor & Care Coordinator
Consultant (MRP) Oversees your journey, reviews outcomes & coordinates specialist care	Program GP Monitors progress, reviews results & supports preventive care planning	Care Coordinator Your dedicated navigator for appointments, referrals & scheduling

Touchpoint	19–34	35–40	41–50	50–64
Consultant (MRP) Consultation	1x/yr	2x/yr	2x/yr	2x/yr
CE Program Doctor Follow-up	1x/yr	2x/yr	2x/yr	2x/yr
Screening Labs	1x/yr	2x/yr	2x/yr	2x/yr
Ophthalmology Consultation	1x/yr	1x/yr	1x/yr	1x/yr
Dental Consultation	1x/yr	1x/yr	1x/yr	1x/yr
Nutrition	1x/yr	1x/yr	1x/yr	1x/yr
Psychology	1x/yr	1x/yr	1x/yr	1x/yr
Lifestyle & Longevity Medicine	1x/yr	1x/yr	1x/yr	1x/yr
Preventive Scans & Vaccinations	1x/yr	1x/yr	1x/yr	1x/yr
OBGYN / Urology	As needed	As needed	As needed	As needed
Risk-Based Consults (Cardio, Ortho, Audio, Speech)	As needed	As needed	As needed	As needed

Calendar is personalized to your age, risk factors, and health goals — not one-size-fits-all.

● Tracked at every visit — BMI, blood pressure & physical activity levels	● Reviewed annually — HbA1c, LDL cholesterol & preventive screening completion
● Vaccination & Screening — 80%+ completion of age-appropriate preventive care	● Our targets — 80%+ patient satisfaction & care plan adherence, every year

Phone: 920022811

WhatsApp: 0542228111

Email: COE@myclinic.com.sa

Web: www.myclinic.com.sa

Hours: Sun–Thu 9:00 AM–9:00 PM

Fri 5:00–9:00 PM · Sat 1:00–9:00 PM

“Our focus is on prevention, early detection, and coordinated care; helping members maintain their health and achieve better long-term outcomes.”

— Dr. Ibrahim Alqarni, Head of Family Medicine Department