

MY 360 THRIVE

Care Built For a Better, Longer Life

A premium, proactive care program designed to support you through every stage of aging. My360 Thrive combines prevention, chronic disease management, and functional health support — through structured annual checkpoints and coordinated specialist care — to help you maintain independence and enjoy every stage of life.

● Healthy Aging Partnership — a trusted, long-term relationship with a dedicated healthcare team	● Dedicated Support — a Care Coordinator manages bookings; a Program GP ensures continuity
● Preventive Care & Early Detection — catch age-related health concerns early, before they grow	● Comprehensive Healthcare Services — one trusted network — physicians, specialists, rehab & wellbeing
● Independence & Functional Wellbeing — support for mobility, strength & staying active	● Chronic Disease Optimization — coordinated management of common age-related conditions
● Expert Clinical Oversight — a Consultant ensures every decision is coordinated & personalized	

① Core Care Team Consultant, Program GP & Care Coordinator anchor everything else	② Collaborative Advantage Specialists coordinate seamlessly so nothing falls through the cracks	③ Primary Clinical Clinical excellence, geriatric, family & internal medicine reviews
④ Specialized Health Audio, speech, ophthalmology, dental, cardiology & orthopedic care, as needed	⑤ Wellness & Mind Nutrition and psychology support	⑥ Continuous Monitoring Care plans evolve as age-related concerns are caught early
Consultant (MRP) Oversees your journey, reviews outcomes & coordinates specialist care	Program GP Monitors progress, reviews results & supports preventive care planning	Care Coordinator Your single point of contact for appointments, referrals & scheduling

Touchpoint	Frequency	Touchpoint	Frequency
Consultant (FM/IM MRP) Consultation	4x/yr	Cardiology Consultation	1x/yr
CE Program Doctor Follow-up	4x/yr	Orthopedic Consultation	1x/yr
Screening Laboratory Assessment	4x/yr	Lifestyle & Longevity Medicine	1x/yr
Geriatric Medicine Consultation	1x/yr	Nutrition Consultation	1x/yr
Ophthalmology Consultation	1x/yr	Psychology / Mental Wellbeing	1x/yr
Dental Consultation	1x/yr	Urology Consultation	Risk-based
Audiology Assessment	1x/yr	OB/GYN Consultation	Risk-based
Speech & Swallowing Assessment	1x/yr		

Your care calendar is fully personalized to your health history, age, and current condition.

● Tracked at every visit — blood pressure, BMI & physical activity levels	● Reviewed every 3 months — HbA1c, LDL cholesterol & medication adherence
● Reviewed annually — fall risk, cognitive health, vaccination & preventive screening	● Our targets — 80%+ patient satisfaction & care plan adherence, every year

Ready to join My360 Thrive, or still have questions? Reach out any time — our team is happy to schedule an appointment.

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Hours: Sun–Thu 9:00 AM–9:00 PM

Fri 5:00–9:00 PM · Sat 1:00–9:00 PM

“Our goal is not simply to add years to life, but to help add life to those years.”

— Dr. Asim Alshanberi, My 360 Thrive Consultant