

RÊVE HEALTH  
+  
YOU

RÊVE  
HEALTH

# ABOUT RÊVE

Rêve Health is the only women-led healthspan company helping people improve their quality of life and longevity holistically.

We combine advanced labs with the perspective of Traditional Chinese Medicine, concierge-level care, and community to help you connect with your health.

## MISSION

We believe in helping people achieve optimal health holistically. To us, health is more than the physical. It includes your environment, relationships, sleep, stress levels, life purpose, and joy.

Connect with your health  
*holistically*

The life you want is possible with the power of advanced labs, perspective of Traditional Chinese Medicine, concierge care, and community



REVEHEALTH.COM

# WHY US?

We work closely with you to design a program that uplifts your business. We complement your culture with the Rêve Health philosophy of true health.

- 20+ Years Experience Serving Partners
- White-Labeled For Your Needs
- Dedicated Team
- Concierge-Level Customer Service

## Gain a competitive edge

Set your business apart with our custom wellness collaborations combining functional health & ancient wisdom



# MEET OUR FOUNDERS

Our Story began because we both wanted to help people heal holistically, with what we call true health.



## JULIE ELAINE BROWN

M.A.  
Julie is a 4X  
entrepreneur,  
former journalist  
and angel investor.



## MADELINE CUNNINGHAM

LAc, IHP, AFMCP  
Maddy is a licensed  
acupuncturist,  
herbalist, functional  
medicine provider.

# CUSTOM PROTOCOLS

Tap into the growing trend of proactive health, offering a Rêve Health custom collaboration – a unique benefit that seamlessly integrates well-being into the culture of your business.

Collaborating with us helps you build loyalty and community for your brand.

These offerings are a value-add designed to increase employee retention, customer lifetime value (CLV), and drive additional revenue.



- Running advanced biomarker labs (as needed/desired)
- Providing our unique guidance blending TCM, functional medicine, and life purpose
- Creating recommendations to pass off to you, so you can craft personalized long-term programs for your employees or clients

# LEADERSHIP DAYS

- Helping leaders tap into their drive and purpose
- Uncover optimal physical health
- Motivating and inspiring leadership to embrace their full health, mind, body, and spirit

We asked: What if every leader had a system that surrounded them with the right motivation, structure, and ability to show up with their full self?

What would that actually look like?

It starts with true health. That means helping leaders uncover their physical health and develop personalized plans for optimization, but also embracing their "north star" or true calling. What drives and motivates them?

In TCM it is called "shen" - optimism, joy, and the ability to live life fully.

When we tap into this full health picture, the enthusiasm and wellness of your leaders has an umbrella effect, trickling down to every person in your organization.

# WELLNESS DAYS

True health is about more than just the physical. It's a delicate balance between the mind, body, and spirit.

When we find purpose, we nourish all three.

During our wellness days, we go through our Purpose Matrix, based off a corporate branding exercise. Whether it is a large or small group, this exercise helps people understand strengths and weaknesses, and where they thrive at work and at home.

<b>EXTERNAL</b>	<b>CORE VALUES</b> What do you value the most?	<b>RELATIONSHIPS</b> What is most important to you in your closest relationships?	<b>INTENTION</b> How do you want people to perceive you? What is your key intent for people to receive from your work or presence?
<b>EXTERNAL/ INTERNAL</b>	<b>EXPRESSION</b> How do you express yourself? This can be how you dress, your hair, your gestures, how you write and communicate	<b>PURPOSE</b> Your north star or "why"; what you are meant to do.	<b>PERSONALITY</b> What are some key attributes for your personality? How do you want to be perceived?
<b>INTERNAL</b>	<b>GOALS</b> What are your key goals in life?	<b>CULTURE</b> What cultural values from your culture or family are important to you personally?	<b>COMPETENCIES</b> What are you good at? What do you like doing? What is your education? What is your experience?

- Teaching optimism to your staff
- Building frameworks to focus on purpose
- Shifting mindsets to be collaborative and mission-driven

# WELLNESS & LEADERSHIP DAYS

01

HOUR-LONG  
TALKS

Mini TedX talks where we help motivate and engage your business leaders, staff, or vendors.

02

½ DAY  
SYMPOSIUMS

Rêve Health creates a ½ day interactive session full of brainstorming, guiding through our “purpose matrix” exercise, fun quizzes, and Q&A.

03

MULTI-DAY  
RETREATS

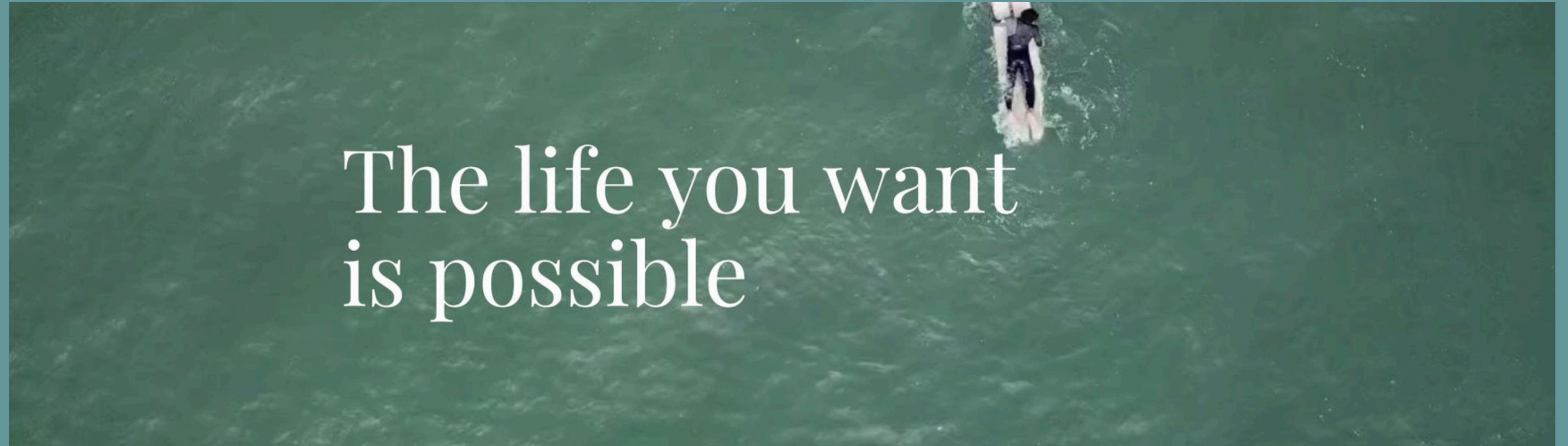
We will co-create a weekend away or 1-2 day offsite with your team members as a way to show, not tell, about wellness. We have retreat host partners.



# EXAMPLE WELLNESS DAY AGENDA

9:00am	Living Your Best Life
10:00am	How Your Health Impacts the Bottom Line
11:00am	Research on Longevity and Interactive Quiz (What's the #1 thing you can do for longevity)
12:00pm	Learning Optimism & Resilience
12:45pm	Refreshments and Lunch
1:45pm	Brainstorm Session on Stress, Cortisol, and Work
2:45pm	Brainstorm Share Session - 10 minutes per group
3:45pm	Afternoon Tea Break & Discussion on Diet + Health
4:00pm	Purpose Matrix Interactive
6:00pm	Refreshments and Q&A

# BENEFITS



The life you want  
is possible

## HELPING LEADERS THRIVE

Our philosophy works--we help people see the full picture of their health and provide practical guidance to achieve it. We help people find meaning and joy with their work and services which translates into more optimism, resilience, and better leadership.

## HEALTH = R.O.I.

Absenteeism, sick days, hospital stays all impact your bottom line. We help people address the root causes of stress, lack of sleep, or motivation. Our advice and insights help people view health as a lifestyle, and incorporate small steps each day to be well.

# WELLNESS DAY PACKAGES

HOUR TALKS	1/2 DAY	RETREATS
<p>Personalized Speech</p> <p>Take-away exercise for attendees</p> <p>Find your why tips &amp; tricks</p>	<p>Talks specifically tailored for your business &amp; facilities</p> <p>“Wellness Half Day” in person for education and community</p> <p>Purpose Framework</p>	<p>Multi-day wellness experiences</p> <p>Nutrition classes</p> <p>1:1 or small group purpose matrix</p>
TBD	STARTS AT 5K	12K+

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LET'S CONNECT

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