**A black background with green text

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**OneSite Wellness Philosophy: A Whole-System Approach to Health**

OneSite Wellness is a modern, integrative health philosophy that prioritizes treating the *root causes* of imbalance, not just managing symptoms. It’s built on the principle that lasting wellness comes from restoring balance across the body’s interconnected systems—physical, hormonal, metabolic, and microbial. Unlike traditional medicine, which tends to be reactive and symptom-focused, OneSite Wellness takes a proactive, *whole-system approach* centered on prevention, personalization, and optimization.

At the core of this philosophy is the **4 Core System** —a framework created by OneSite Wellness’ Founder, Chris Crawford, that identifies and optimizes function across the four essential biological systems that govern health.

1. **Gut Health** – This is the foundation of health. A resilient gut and well-regulated immune system support digestion, inflammation control, detoxification, and nutrient absorption. Gut imbalances can contribute to fatigue, mood issues, autoimmune conditions, and hormonal disruption.
2. **Hormone Optimization** – Hormones and neurotransmitters regulate everything from energy, mood, and sleep to libido, metabolism, and mental clarity. Chronic stress, poor sleep, or inflammation can disrupt this system, leading to fatigue, anxiety, or sexual dysfunction.
3. **Metabolic Flexibility** – This system controls how your body creates and uses energy. Blood sugar regulation, blood pressure, circulation, and mitochondrial function all reside here. When optimized, this system supports endurance, weight management, and cardiovascular health.
4. **Lifestyle Medicine** – Your ability to move, perform, and recover depends on the alignment and strength of this system. Inflammation, posture, injury, or poor nutrition can lead to pain and limit physical potential.

A logo of a company

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**The 4Core System: Four Distinct Systems. One Complete Solution.**

Each Core targets a critical area of health:**Hormone Optimization, Metabolic Flexibility, Gut Health, and Lifestyle Medicine.**

Together, they cover every major factor influencing how you feel, age, and perform—so you understand what’s really driving your symptoms and how to fix them for good.

Where traditional medicine often divides the body into specialties (cardiology, endocrinology, gastroenterology), OneSite Wellness recognizes that these systems do not operate in silos—they influence one another continuously. For example, gut dysfunction can lead to hormonal imbalances, which may contribute to metabolic slowdown, chronic pain, or loss of desire and energy.

OneSite Wellness also embraces *personalization*, using advanced assessments—such as metabolic testing, hormone panels, labwork that generates over 60+ biomarkers and lifestyle data—to design customized, evolving care plans specifically for you. These plans typically include targeted nutrition, functional supplements, exercise strategies, stress regulation, and gut restoration protocols.

A close-up of a person's hand

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In essence, OneSite Wellness redefines health not as the absence of disease, but as the *presence of optimized, interconnected function* across all core systems—leading to better energy, sharper focus, stronger immunity, improved libido, and longer-lasting vitality.

**The Process**

We run 60+ advanced labs to assess your hormones, metabolic function, nutrient status, gut health, and inflammation.

Then, we connect those insights to clearly show you where you are, how you got here, and what to do next. This will include a BodyScan Report and a personal Metabolic Blueprint.

Next, we build your custom plan including tailored supplements, prescriptions, nutrition and fitness strategies—plus wearable tech for real-time feedback and daily support.

This is where the shift happens. With expert coaching from OneSite Wellness, regular lab reviews, and a plan that evolves with you, you’ll start seeing meaningful progress—more energy, better sleep, sustainable weight loss, stronger workouts, and sharper focus. You’re not just getting healthier. You’re becoming the version of yourself that was always possible.

A person on a beach with her arms raised

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**PRICING *(this should all be on one page)***

**Flexible Payment Options Available**

We accept HSA and FSA payments, so you can use pre-tax dollars toward your wellness care. Prefer to spread out your investment? We also offer 12-month, same-as-cash payment plans — with no hard credit check.

(DESIGNER NOTE: Take information from <https://onesitewellness.com/pricing/> )

**Frequently Asked Questions**

**What makes 4Core different from other programs?**

We don’t just give you a plan—we decode your biology. Our system combines advanced lab testing, real-time wearable data, and expert coaching to uncover what’s actually driving your symptoms.

What truly sets us apart is how we use technology to gamify your health journey—giving you instant feedback on how your daily choices impact your body. That makes it easier to stay consistent, motivated, and in control.

You’re never left to figure it out alone. You get a personalized, evolving strategy—driven by data, guided by experts, and designed to help you feel better, perform better, and stay on track every step of the way.

**Is this covered by insurance?**

We don’t bill insurance directly, but many clients use HSA or FSA funds to cover labs and services. More importantly, this is proactive care that helps you avoid costly prescriptions, specialist visits, and chronic conditions down the line.

To make it even more accessible, we offer 12-month, same-as-cash financing—so you can get started now without delaying your progress.

**What’s included in the initial assessment?**

Your 4Core Annual Functional Health Audit includes:

 – Comprehensive Lab Testing (63+ biomarkers)  
– Breath-based metabolism testing  
– Body composition scan  
– Grip strength + balance assessments  
– Your Functional Health Biography that connects your history, symptoms, and goals

This isn’t just data—it’s a blueprint for action.

**How long does it take to see results?**

We’re not here to guess, gimmick, or waste your time. We use data, diagnostics, and expert coaching to build a personalized, strategic plan for you.

You should expect to start feeling real changes—**more energy, better focus, improved strength, and clearer confidence—within the first 6 weeks**. And you can look forward to a **meaningful transformation in just 90 days**.

**Frequently Asked Questions**

**My doctor said my labs are normal. Do I still need this?**

Yes. “Normal” doesn’t mean optimal—and it definitely doesn’t mean you’re thriving. We use clinical *and* functional ranges to detect issues traditional labs often overlook. In addition, lab results overlook multi-variable that individually might not raise an eyebrow but, when viewed collectively, might be an issue in the near future. It is best to identify these potential concerns and proactively address them.

**I’ve already tried diets, hormone therapy, and supplements. How is this different?**

Because we start with *what’s actually going on in your body*. Most programs treat symptoms—we identify and address the root causes. Your plan is customized, data-driven, and designed to evolve with you.

**Can I share my current supplements or wearables data?**

Absolutely. We’ll review your current supplements, tech (like Apple Watch, Oura, Whoop, etc.), and past labs to build a smarter, more effective strategy without duplication.

**Do I need to be local to work with you?**

Not at all. We work with clients across the country. **Lab kits and wearables are shipped directly to your door**, and all coaching sessions happen virtually—so you can get the same high-level support no matter where you live. For certain services, we may partner with a licensed healthcare provider in your state to ensure compliance and continuity of care.

**What kind of support will I get?**

You’ll receive **monthly 1:1 strategy sessions**, access to a **personalized health dashboard**, and **real-time coaching nudges** based on your wearable data. This isn’t set-it-and-forget-it—it’s full-spectrum support.

**Customized Reports**

**Designer’s Note: We want to showcase an image of two of the reports that the clients receive from OneSite Wellness.**

**<insert image of Metabolic Blueprint>**

**<insert image of Body Scan>**