

The leading home base for women's whole health

The world asks so much of women—in the workplace and at home. Parsley Health provides advanced primary care and root-cause resolution medicine to women and families across the spectrum of life's health needs.



A matter of health equity

Women face a growing primary care gap with rising levels of chronic conditions and costs thanks to a fragmented system that isn't designed for them.

> 50%

Of women have complex health needs unmet by conventional PCPs or specialists.

1 in 5

Women experience bias and gaslighting, with many more burned out.

2-10 X

More costly to manage those with multiple chronic conditions vs the general population.

A more comprehensive approach to primary care

Solving the unique health needs of women and families just got simpler with integrated, clinician-led virtual care from the nation's leading medical practice.



PCP-led medical teams

Each member has a dedicated medical team certified in root-cause resolution medicine via Parsley Health's in-house fellowship. All providers have advanced training in functional medicine, nutrition, and comprehensive lab work.



Reducing over-reliance on medication

Rather than suppress symptoms, Parsley Health focuses on identifying and resolving root causes – often reducing the need for high-cost, chronic medications.



Created by women, for women

Women facing complex health issues will find validation and support in a program designed and led by a female MD who believes in putting food, lifestyle, and diagnostic testing on the prescription pad next to medications.

Benefits to employers

Here are all the ways Parsley Health can benefit your organization, from lower costs and improved ROI to happier, more fulfilled employees:



Healthier Women & Families

80%

of Parsley members improve symptoms in the first year.

Improved Retention & Recruitment

85 NPS

High satisfaction & engagement make Parsley a popular benefit.

Reduced Prescription Costs

65-75%

average reduction in chronic medication usage across all major conditions.

Higher ROI

2.0 X

average ROI within 18-24 months.

How Parsley is different from other solutions

Parsley Health combines the best of conventional and functional medicine to give members a fuller picture of their health.

<i>In-depth Intake & Diagnostic Testing Analysis</i>	<i>The Parsley Medical Team</i>	<i>An Integrated Medical Care Plan</i>	<i>Sustained Member Engagement</i>
<p>We dedicate time to understanding your genetics, health history, lifestyle, and goals. Combined with analysis of advanced diagnostic testing other doctors don't run, you get in-depth information about your health and body.</p>	<p>Exceptional results start with an exceptional team. Your medical provider and expert health coach—both with advanced training in root-cause resolution medicine—will coordinate with your other providers to support you as you heal, while your care manager will handle the paperwork.</p>	<p>Each member gets a personalized care plan that targets the root cause of their symptoms or condition that combines conventional medicine with evidence-based nutrition, supplements, and lifestyle changes.</p>	<p>Parsley members have access to year-round support, with regular live check-ins with their clinician and health coach, and unlimited messaging with their care team.</p>

A unique root-cause resolution approach allows us to deliver what others can't



PRECONCEPTION CASE STUDY

Parsley helped Maria restore her cycles and get pregnant unassisted.

Complaint: Desired pregnancy, but stopped getting her period and was told by her GYN she couldn't conceive and needed IVF

Root Cause Evaluation: Hormone specific labs showed PCOS, insulin resistance, elevated AC1

Personalized Plan:



Nutrition: Eliminated refined carbohydrates and add healthy fats to diet, supported by health coach



Medication: Cyclic-progesterone therapy for absent cycles

Supplements: Evidence-based supplements to support egg-quality and healthy pregnancy



MATERNITY CASE STUDY

Parsley's proactive lab work saved Toya and her baby's life.

Complaint: Desire to optimize maternal health & prepare for postpartum

Root Cause Evaluation: Labs revealed elevated liver enzymes, so Parsley clinician referred member for pre-eclampsia screen. Due to pre-eclampsia, the baby needed to be delivered by scheduled C-section, saving the mother and baby from a potentially life threatening emergency.

Personalized Plan:



Smart Labs: Third trimester proactive testing in areas not routinely ordered in OB



Maternity care: Coordinated care with OB for pre-eclampsia screening, continuous care through delivery



POSTPARTUM CASE STUDY

Parsley helped Elizabeth resolve arthritis flare, manage anxiety & return to work.

Complaint: Joint pain and rashes, headaches and brain fog, anxiety, insomnia

Root Cause Evaluation: Postpartum blood panel, mental health screening. Diagnosed with postpartum autoimmune flare.

Personalized Plan:



Nutrition: Metabolic optimization and nutrition counseling



Postpartum care: Lactation support and mastitis screen, family planning discussion, back to work support

Addressing the full continuum of women's health



Fertility & Infertility



Autoimmune Disorders



Mental Health & Wellbeing



Digestive Issues



Hormonal Health



Cardio-metabolic conditions



Maternity & Postpartum



Menopause

"I was 8 months pregnant and met with Dr Link to discuss how to get my health in the best shape possible post baby. She recommended additional bloodwork to verify my prenatal vitamins were maximizing results and these tests discovered that my liver was in trouble, which led to an emergency life saving surgery for myself and my newborn son. My OB had tested my levels a month prior, but did not catch any irregularities. I could not be happier with my experience at Parsley Health and I recommend it to all of my friends who are expecting or trying to conceive."

Toya P.

PARSLEY MEMBER SINCE 2022

Learn more at

www.parsleyhealth.com/employer, or email sales@parsleyhealth.com to request a demo.