



UVIP[®]

ULTIMATE VITALITY FOR IDEAL PERFORMANCE

Exclusive Executive-only Program, hand-crafted to boost personal and organizational productivity, effectiveness, and sustainable results through metabolic health optimization

UVIP coaching does not provide medical advice. Consult your licensed healthcare provider regarding any health information presented.

UVIP®



Ultra Personalized
Ultra Effective

UVIP coaching does not provide medical advice. Consult your licensed healthcare provider regarding any health information presented.

TOM RIFAI, MD, FACP, DipABLM

Dr. Rifai is a nationally recognized physician in longevity, metabolic health, and performance, with more than 20,000 hours of experience designing and leading evidence-based lifestyle intervention programs.



As a senior leader, your performance directly impacts your organization.

Your decisions affect teams, customers, shareholders, and long-term outcomes.

Too often, preventable metabolic and mental health issues quietly erode focus, energy, and decision-making — often surfacing later as avoidable crises.

UVIP exists to address this risk proactively.

Through personalized, lifestyle-driven optimization, UVIP helps leaders protect their health, sharpen performance, and sustain the capacity required for high-stakes leadership.

UVIP supports leaders with:

- Confidence and peace of mind in their personal metabolic health
- Improved mental focus, clarity, and sustained energy
- Reduced risk of preventable health disruptions that threaten performance and longevity



**UVIP[®] is
highly exclusive
and uniquely
effective.**

UVIP is a curated, invitation-only performance partnership for senior leaders.

The Program identifies and resolves metabolic, mental, and musculoskeletal factors that undermine performance, focus, and longevity.

With Dr. Tom Rifai as your coach, each engagement is personal, data-informed, and intentionally designed to support sustainable leadership performance - in your organization and beyond.

UVIP coaching does not provide medical advice. Consult your licensed healthcare provider regarding any health information presented.

If you are accepted into UVIP, you will:

- Replace performance-limiting habits with strategies that protect health, focus, and longevity
- Lead your organization by example with clarity, energy, and resilience
- Gain a clear, practical understanding of your biomarkers, without confusion or noise
- Eliminate health myths and distractions that waste time and undermine performance
- Strengthen energy, focus, and decision-making capacity
- Expand your leadership effectiveness and organizational impact

The Bottom Line

This is a rare opportunity for leaders who take their performance, health, and responsibility seriously.

UVIP is intentionally limited to executives prepared to commit to sustainable excellence — not short-term fixes.

Participation is by invitation and alignment only.

If this resonates, we invite a conversation.

To discuss being considered for UVIP, email your case to
UVIP@RealityMeetsScience.com

