

— PATIENT EDUCATION RESOURCE

The clinic evaluation *checklist.*

A practical guide to help you ask better questions, spot red flags, and evaluate whether a cell-therapy clinic is credible, before you book, wire money, or board a plane.

WHAT'S INSIDE

§01 Before you book

§03 Consultation quality

§05 Safety & confidence

§02 Credibility & trust

§04 Treatment clarity

§06 How to read your answers

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§ 00 • ORIENTATION

HOW TO USE THIS CHECKLIST

A slower look.
Smarter questions.

If you're researching cell therapy, you've probably already noticed the hard part: it can be difficult to tell the difference between a clinic focused on patient education and one relying mostly on marketing. This checklist is built to help you slow down, ask smarter questions, and evaluate your options with more confidence before you commit time, money, or trust.

Bring this with you for:

- ☐ You're researching clinics online
- ☐ You're booking or attending a consultation
- ☐ You're comparing two or more providers
- ☐ You're preparing questions before a visit or call

You do not need every answer immediately. The goal is not a perfect score, it's to walk away with a clearer sense of which questions matter, what signals credibility, what still feels vague, and whether you feel **more informed** after interacting with a clinic than before.

A simple scoring method

☒ YES Clear, credible Answered directly. Consistent with what you'd expect from a serious medical practice.	☒ SOMEWHAT Partial answer Addressed but still vague. A follow-up question is warranted before you decide.	☐ NO Avoided or missing Deflected, hyped over, or not answerable. Count how often this happens.
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The 28 items, at a glance

§ 01	Before you book	6 items
§ 02	Credibility & trust	6 items
§ 03	Consultation quality	6 items
§ 04	Treatment clarity	5 items
§ 05	Safety, process & confidence	5 items

IMPORTANT

This is an educational resource, not medical advice. Its purpose is to help you make a more informed decision as you explore your options. Always consult a qualified healthcare professional regarding your individual situation.

§ 01 • BEFORE YOU BOOK

OI What to notice *before you schedule.*

Six things a credible clinic will make easy to find, on its website, in plain language, without a sales call.

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| OI | The clinic explains its approach in plain language.
<i>Can you understand what they do without digging through vague jargon?</i> | ☐ YES ☐ SOME ☐ NO |
| O2 | The website feels informative, not sales-driven.
<i>Does the site educate you, or does it mostly push urgency and impressions?</i> | ☐ YES ☐ SOME ☐ NO |
| O3 | The clinic is clear about who it may be for, and who it may not be for.
<i>Credible clinics do not present treatment as a fit for everyone.</i> | ☐ YES ☐ SOME ☐ NO |
| O4 | The clinic makes realistic claims.
<i>Do they sound measured and transparent, or overly certain and dramatic?</i> | ☐ YES ☐ SOME ☐ NO |
| O5 | It is easy to identify who is leading care and what their credentials are.
<i>Can you clearly see who is responsible for evaluation and treatment?</i> | ☐ YES ☐ SOME ☐ NO |
| O6 | The clinic offers educational resources. FAQs, guides, explanations.
<i>An informed patient is not a problem for a clinic that takes itself seriously.</i> | ☐ YES ☐ SOME ☐ NO |
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WHAT THIS SECTION TELLS YOU

A serious clinic does most of its explaining *before* the call. If the website keeps you in the dark, the consult probably will too.

§ 02 • CREDIBILITY & TRUST

02 Is this clinic *grounded*?

Six signals that separate a transparent medical practice from a well-branded marketing funnel.

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| 07 | The clinic clearly identifies its medical team.
<i>You should know who is involved in your care, not just the brand name.</i> | ☐ YES ☐ SOME ☐ NO |
| 08 | Credentials and experience are easy to find.
<i>Are qualifications presented clearly and professionally, with real names?</i> | ☐ YES ☐ SOME ☐ NO |
| 09 | The clinic explains its process without relying on hype.
<i>Credible clinics clarify and educate rather than oversell.</i> | ☐ YES ☐ SOME ☐ NO |
| 10 | The clinic acknowledges that results vary.
<i>Be cautious of messaging that sounds guaranteed or one-size-fits-all.</i> | ☐ YES ☐ SOME ☐ NO |
| 11 | Reviews or testimonials feel specific and believable.
<i>Do patient stories mention real concerns, real outcomes, and real decision factors?</i> | ☐ YES ☐ SOME ☐ NO |
| 12 | The clinic is comfortable answering skeptical questions.
<i>You should not feel punished for being cautious.</i> | ☐ YES ☐ SOME ☐ NO |
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A USEFUL TEST

Ask the hardest question you have. A good clinic will answer it more carefully than the easy ones. A weak one will change the subject.

§ 03 • CONSULTATION QUALITY

03 What a good call *feels like*.

A real consult leaves you with more clarity than you came in with, even if the answer is "not yet."

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| I3 | The consultation is designed to understand your situation, not rush a recommendation.
<i>Do they take time to understand your symptoms, history, goals, and questions?</i> | ☐ YES ☐ SOME ☐ NO |
| I4 | The clinic explains what they would evaluate, and why.
<i>Do you understand what they're looking at and how they decide whether you're a fit?</i> | ☐ YES ☐ SOME ☐ NO |
| I5 | You leave with more clarity, not more confusion.
<i>A credible consult should make the process easier to understand, not harder.</i> | ☐ YES ☐ SOME ☐ NO |
| I6 | The clinic explains realistic next steps.
<i>If you wanted to continue exploring, do you know exactly what would happen?</i> | ☐ YES ☐ SOME ☐ NO |
| I7 | Your questions were answered directly.
<i>Pay attention to whether answers are specific or evasive.</i> | ☐ YES ☐ SOME ☐ NO |
| I8 | You did not feel pressured to decide before you were ready.
<i>Pressure is a warning sign, especially in a high-ticket medical decision.</i> | ☐ YES ☐ SOME ☐ NO |
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POST-CALL SANITY CHECK

Could you explain, in your own words, *why* this clinic thinks you are or aren't a good candidate? If not, ask the question before you go any further.

§ 04 • TREATMENT CLARITY

04 Before you *move forward.*

Five things you should be able to explain to a spouse, a friend, or your primary physician, from memory, before you commit.

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| 19 | The clinic explains the treatment process clearly.
<i>Do you understand the general path from evaluation through treatment and follow-up?</i> | ☐ YES ☐ SOME ☐ NO |
| 20 | The clinic explains what outcomes are realistic.
<i>You should hear what may improve, what may not, and what remains uncertain.</i> | ☐ YES ☐ SOME ☐ NO |
| 21 | The clinic helps you understand the decision, not just the offer.
<i>Do they help you think clearly, or mostly try to get you to commit?</i> | ☐ YES ☐ SOME ☐ NO |
| 22 | Risks, limitations, and uncertainties are acknowledged.
<i>Balanced communication is a stronger credibility signal than perfect-sounding promises.</i> | ☐ YES ☐ SOME ☐ NO |
| 23 | The next steps and timeline are explained clearly.
<i>You should have enough clarity to know what you're considering, before you're asked to commit.</i> | ☐ YES ☐ SOME ☐ NO |
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THE SPOUSE TEST

If you can't explain the protocol and the expected outcome to someone who loves you, you don't yet have what you need to decide.

§ 05 • SAFETY, PROCESS & CONFIDENCE

05 How thoughtful does *all of it feel?*

Safety is not a line item, it's the texture of everything a clinic does. These five questions help you notice it.

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| 24 | The clinic explains the environment in which care is provided.
<i>Does the setting feel medically supervised, professional, and transparent?</i> | ☐ YES ☐ SOME ☐ NO |
| 25 | The clinic explains how patient safety is approached.
<i>Safety should feel like part of the process, not an afterthought bolted on at the end.</i> | ☐ YES ☐ SOME ☐ NO |
| 26 | Follow-up expectations are clear.
<i>Do you understand what communication and follow-up look like after treatment?</i> | ☐ YES ☐ SOME ☐ NO |
| 27 | The clinic encourages informed decision-making.
<i>Do they support careful consideration, or act like hesitation is a problem?</i> | ☐ YES ☐ SOME ☐ NO |
| 28 | Overall, the clinic leaves you feeling more informed, and more confident.
<i>After interacting with them, do you feel clearer and safer, or more uncertain?</i> | ☐ YES ☐ SOME ☐ NO |
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THE MOST IMPORTANT QUESTION OF ALL

*Do you feel more informed after
interacting with this clinic, or more
pressured?*

That answer alone can tell you most of what you need to know.

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§ 06 • INTERPRETATION

HOW TO READ WHAT YOU FOUND

Patterns, not
percentages.

This checklist is not meant to produce a perfect score, it is meant to help you notice patterns. A "Yes" on every item is rare, even at the best clinics. What matters is the shape of the answers, and whether the unanswered ones bother you.

Mostly "Yes"

PATTERN • STRONG

The clinic is doing a reasonable job of educating, clarifying, and building trust through transparency. Continue the conversation with the specific questions you still have.

*A mix of "Yes" and
"Somewhat"*

PATTERN • NORMAL

This is the most common result and does not mean the clinic is wrong for you. It means you have more answers to get. Write the unanswered questions down and bring them to the next call. If they remain unanswered after a second pass, that is its own signal.

Several "No" responses

PATTERN • SLOW DOWN

A handful of direct "No" answers is a reason to pause, not necessarily to walk away, but to compare against another clinic before you commit money or travel. "No" responses concentrated in §02 (credibility) or §05 (safety) deserve the most weight.

Any "No" in §05

PATTERN • HARD STOP

The safety items are the floor, not the ceiling. A clinic that cannot clearly explain the care environment, the safety approach, or the follow-up plan is not ready to be treating you. This is the one section where "Somewhat" should also give you pause.

A NOTE ON THE CHECKLIST ITSELF

Run it against us too. If we can't answer a question well, we'd rather know than not, and you're not obligated to use the result to choose Celva.

Want help thinking through *whether this is worth exploring* for your situation?

This checklist is designed to help you evaluate any cell-therapy clinic, ours included. If, after running it, you'd like a human conversation, here is what that looks like at Celva.

§ 01 • QUALIFICATION

Take the qualification quiz.

A five-minute, structured way to think through whether cell therapy may be worth exploring for your specific condition. Not a diagnosis, not a commitment.

[START THE QUIZ →](#)

§ 02 • EVALUATION

See if you're a candidate.

A 45-minute call with a Celva patient coordinator. No commitment. Celva's medical team reviews independently and returns one of three outcomes: a protocol they'd recommend, a referral elsewhere, or a declined case with an explanation.

[SEE IF YOU'RE A CANDIDATE →](#)

LEARN • THE 8-PART PRIMER ON CELL THERAPY

[CELVA.COM/LEARN →](#)

EXPERIENCE • THE SAME-DAY JOURNEY GUIDE

[CELVA.COM/EXPERIENCE →](#)

Educational only. Not medical advice. This checklist is an educational resource to help you evaluate cell-therapy clinics, including Celva. It is not medical advice, a diagnosis, or a recommendation to pursue any particular treatment. Always consult a qualified healthcare professional regarding your individual situation. The cell therapies Celva facilitates are performed by the physician team in Mexico, regulated by COFEPRIS; in the U.S., most fall outside the FDA's approved-product pathway.