

Detailed Pricing for Individual Wellness/Weight Loss Packages-NEW CLIENTS

Packages	NEW CLIENTS			NEW Friends & Family (F&F) CLIENTS (see criteria on page 2)			
	All costs are per person	Option 1 Pay Upfront	Option 2 Payment Schedule	Option 3 Payment Schedule	Option 1 Pay Upfront	Option 2 Payment Schedule	Option 3 Payment Schedule
Jump Start (2 visits)	\$380 (\$20 off reg)	\$190 @ Visit 1, 2	NA	\$360 (\$40 off reg)	\$180 @ Visit 1, 2	NA	
6-Week* (4 visits)	\$490	\$300 @ Visit 1 \$95 @ Visits 3, 4	\$197.50 @ Visits 1, 3 \$95 @ Visit 4	\$420	\$230 @ Visit 1 \$95 @ Visits 3, 4	\$162.50 @ Visits 1, 3 \$95 @ Visit 4	
12-Week* (most popular) (7 visits)	\$700	\$415 @ Visit 1 \$95 @ Visits 3, 5, 7	\$255 @ Visit 1,3 \$95 @ Visits 5, 7	\$600	\$315 @ Visit 1 \$95 @ Visits 3, 5, 7	\$205 @ Visit 1,3 \$95 @ Visits 5, 7	
6-Month* (13 visits)	\$1120	\$550 @ Visit 1 \$95 @ Visits 3, 5, 7, 9, 11, 13	\$322.50 @ Visits 1, 3 \$95 @ Visits 5, 7, 9, 11, 13	\$960	\$390 @ Visit 1 \$95 @ Visits 3, 5, 7, 9, 11, 13	\$242.50 @ Visits 1, 3 \$95 @ Visits 5, 7, 9, 11, 13	
Follow-Up Packages (30-min ea): After completing a 6-Month Package OR 6 x 30 min health coaching							
6-Pack (6 visits)	\$420 (\$405#)	NA	\$140 (\$135#) @ Visits 1, 3, 5	\$360 (\$345#)	NA	\$120 (\$115#) @ Visits 1, 3, 5	
12-Pack (12 visits)	\$840 (\$810#)	NA	\$140 (\$135#) @ Visits 1, 3, 5, 7, 9, 11	\$720 (\$690#)	NA	\$120 (\$115#) @ Visits 1, 3, 5, 7, 9, 11	

*Packages include 1.5-hr Initial Consultation, 1-hr Visit 2 Report & Meal Plan Instruction, then 30-minute follow ups thereafter.

#Bonus: Complete 3+ Follow-Up 6-Packs **OR** refer 3+ friends & family members that become clients; **\$15 off 6-Pack.**

Choose Option 1 for FREE visits at end of package (1 FREE visit for 6-& 12-week; 2 FREE visits for 6-month package)

Call or text (877-978-9355) or email (anna@lovetolivebetter.com) with any questions you may have.

Flexible Spending Account (FSA) or Health Savings Account (HSA) Eligible

You may use FSA/HSA funds for our services. All packages may be paid up-front OR in installments for your convenience.

Who qualifies for the Sliding Scale Fee? To qualify, you must provide documentation of **at least one** of the following: Food Stamps, Unemployment, Section 8 Housing, TANF, WIC, OR Medicaid.

Who qualifies for the Friends & Family (F&F) rate? 1) friends & family members who start a package together, 2) friends & family members who start a package after the original client, 3) military, emergency personnel (e.g. fire, law enforcement, emergency department, ICU), essential/front line workers (e.g. teachers, grocery store workers, etc.) during 2020-2022 of the pandemic, 4) Medicare/Disability recipients who begin a program after January 1, 2022. **Documentation is required for #3 & 4.**

Regular versus Packaged Pricing

- **Regular Rate is \$160/hr**—only clients who choose “Pay-As-You-Go” rather than a package will pay this rate (rare).
 - “Pay-As-You-Go” (PAYG) **unpackaged: Initial Consultation (\$240), Visit 2 (\$160), 30-minute follow-ups (\$80)**

Packages DO offer lower rates and are encouraged for longer-lasting lifestyle change:

- **New Client Rate** is ~\$140/hr (almost 15% off regular rate); PAYG after a package: \$75/follow-up
- **New Friends & Family⁺ Rate** is ~\$120/hr (25% off regular rate); PAYG after a package: \$70/follow-up
- **Legacy Client⁺ Rate** (for current clients) is ~\$100/hr (almost 40% off regular rate) PAYG after a package: \$60/follow-up
- **Legacy Friends & Family⁺ Rate** is ~\$85/hr (over 45% off regular rate) PAYG after a package: \$50/follow-up
- **Sliding Scale Fee⁺ Rate** is \$40/visit regardless of whether 1.5-hr, 1-hr, OR 30-minute follow-up (65% off regular rate)

⁺Must meet qualifications

Think of the **12-Week OR 6-Month Packages** as programs focused on longer-lasting change, because it takes time to build habits out of new healthy behaviors. The **6-Week Package** establishes behavior change and gets you on the right track, but it might take more to **keep you** on the right track. Don't underestimate the value of **learning how to maintain** your healthier habits and goal weight. The **Jump Start** better fits those who are *really* motivated but just need a plan and initial measures.

These packages may be used for weight loss, to manage conditions like diabetes, hypertension, high cholesterol, IBS, etc, or just to learn how to eat healthier in general or how to eat vegetarian more effectively or prevent repeating family history.

See [website](#) for detailed descriptions of all services PLUS how to know which one fits you best.