

Love to Live Well LEGACY CLIENT Pricing & Payment Plans

Individual Wellness & Weight Loss Packages	LEGACY CLIENTS (All clients who started <u>before</u> January 1, 2022; see criteria on page 2)		
	All costs are per person	Option 1 Pay Upfront	Option 2 Payment Schedule
6-Week* (4 visits, 5 if Opt. 1)	\$385	\$205 @ Visit 1 \$90 @ Visits 3, 4	\$147.50 @ Visits 1, 3 \$90 @ Visit 4
12-Week* (most popular) (7 visits, 8 if Opt. 1)	\$550	\$280 @ Visit 1 \$90 @ Visits 3, 5, 7	\$185 @ Visit 1,3 \$90 @ Visits 5, 7
6-Month* (13 visits, 15 if Opt. 1)	\$880	\$340 @ Visit 1 \$90 @ Visits 3, 5, 7, 9, 11, 13	\$215 @ Visits 1, 3 \$90 @ Visits 5, 7, 9, 11, 13
Follow-Up Packages (medical nutrition therapy &/or health coaching: 30-min ea): After completing a 6-Month Package OR 6-Pack of Follow-Ups			
6-Pack (6 visits, 7 if Opt. 1)	\$330 (\$320#)	NA	\$110 (\$107#) @ Visits 1, 3, 5
12-Pack (12 visits, 14 if Opt. 1)	\$660 (\$640#)	NA	\$110 (\$107#) @ Visits 1, 3, 5, 7, 9, 11

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

Bonus: Complete 3+ 6-Packs **OR** refer 3+ friends/family members that become clients; **\$10 off 6-Pack or \$20 off 12-Pack.**

Choose Option 1 for FREE visit(s) added to the end of your package! Payment plans are available for every package.

Call/text (877-978-9355) or email (anna@lovetolivewell.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 Legacy rate? This **grandfathered pricing** applies to all clients who started before January 1, 2022 including *Legacy Friends & Family* (1) friends & family members who started a Love to Live Well package together, 2) additional family members who start after the original client but before January 1, 2022, and 3) clients who are Military, or receive Medicare or Disability).

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

Regular Rate 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 (~13% 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 (current clients only) is ~\$110/hr (~30% off regular rate); PAYG after a package: \$65/30-min follow-up (\$55/person if couple or two people completing a package together)
- **Sliding Scale Fee⁺** Rate is \$40/visit regardless of whether 1.5-hr, 1-hr, **OR** 30-minute follow-up (~75% off regular rate)

⁺Must meet qualifications

The **12-Week OR 6-Month Packages** are focused on longer-lasting change, because it takes time to build healthy habits out of new behaviors. The **6-Week Package** establishes behavior change and starts you on the right track, but it might take more to **keep you** there. Don't underestimate the value of **learning how to maintain** your healthier habits and goal weight. 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.