

Love to Live Well **NEW CLIENT** Pricing & Payment Plans

Individual Wellness & Wt Loss Packages	NEW CLIENTS			NEW Friends & Family (F&F) CLIENTS (see criteria on page 2)		
All costs are per person	Opt. 1 Pay Upfront	Opt. 2 Pmt Schedule	Opt. 3 Pmt Schedule	Opt. 1 Pay Upfront	Opt. 2 Pmt Schedule	Opt. 3 Pmt Schedule
6-Week* (4 visits, 5 if Opt. 1)	\$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, 8 if Opt. 1)	\$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, 15 if Opt. 1)	\$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, 7 if Opt. 1)	\$420 (\$405[#])	NA	\$140 (\$135[#]) @ Visits 1, 3, 5	\$360 (\$345[#])	NA	\$120 (\$115[#]) @ Visits 1, 3, 5
12-Pack (12 visits, 14 if Opt. 1)	\$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-min. follow ups thereafter.

#Bonus: Complete 3+ 6-Packs **OR** refer 3+ friends/family members that become clients; **\$15 off 6-Pack or \$30 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 as a NEW CLIENT? Any client who begins a program after January 1, 2022.

Who qualifies for the NEW Friends & Family (F&F) CLIENT rate? New clients who are 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), 4) Medicare/Disability recipients. **Documentation required for #3 & 4.**

Who qualifies for Legacy rate? This **grandfathered pricing** applies to all clients who started before January 1, 2022.

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.