

Love to Live Well Pricing Guide for Individual Programs

Wellness & Weight Loss Programs	Standard Rates			Friends & Family (F&F) Rates (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)	\$515	\$325 @ Visit 1 \$95 @ Visits 3, 4	\$210 @ Visits 1, 3 \$95 @ Visit 4	\$445	\$255 @ Visit 1 \$95 @ Visits 3, 4	\$175 @ Visits 1, 3 \$95 @ Visit 4
12-Week* (most popular) (7 visits, 8 if Opt. 1)	\$735	\$450 @ Visit 1 \$95 @ Visits 3, 5, 7	\$272.50 @ Visit 1,3 \$95 @ Visits 5, 7	\$635	\$350 @ Visit 1 \$95 @ Visits 3, 5, 7	\$222.50 @ Visit 1,3 \$95 @ Visits 5, 7
6-Month* (13 visits, 15 if Opt. 1)	\$1176	\$606 @ Visit 1 \$95 @ Visits 3, 5, 7, 9, 11, 13	\$350.50 @ Visits 1, 3 \$95 @ Visits 5, 7, 9, 11, 13	\$1016	\$446 @ Visit 1 \$95 @ Visits 3, 5, 7, 9, 11, 13	\$270.50 @ Visits 1, 3 \$95 @ Visits 5, 7, 9, 11, 13
Packaged Follow-Ups (medical nutrition therapy &/or health coaching: 30-min ea): After completing a 6-Month Program OR 6-Pack of Follow-Ups						
6-Pack (6 visits, 7 if Opt. 1)	\$441 (\$426*)	NA	\$147 (\$142*) @ Visits 1, 3, 5	\$381 (\$366*)	NA	\$127 (\$122*) @ Visits 1, 3, 5
12-Pack (12 visits, 14 if Opt. 1)	\$882 (\$852*)	NA	\$147 (\$142*) @ Visits 1, 3, 5, 7, 9, 11	\$762 (\$732*)	NA	\$127 (\$122*) @ Visits 1, 3, 5, 7, 9, 11

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

#Bonus: Complete 3+ 6-Packs OR complete program with 3+ friends/family members; **\$15 off 6-Pack or \$30 off 12-Pack.**

Choose Option 1 for FREE visit(s) added to the end of your program/package!

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

Programs and packages are encouraged for longer lasting lifestyle change and allow us to build momentum, create structure, and focus on long-term outcomes rather than short-term fixes.

The **12-Week OR 6-Month Programs** are focused on longer-lasting change, because it takes time to build healthy habits out of new behaviors. The **6-Week Program** 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 tailored programs may be used for weight loss, weight gain, managing conditions like diabetes, hypertension, high cholesterol, IBS, or just learning how to generally eat healthier, eat vegetarian safely, or prevent repeating family history.

Individual services are Flexible Spending Account (FSA) and Health Savings Account (HSA) Eligible

All programs may be paid up-front **OR** in installments for your convenience.

Who qualifies for the Friends & Family (F&F) 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 is required for #3 & #4.**

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.

If you were a client of Love to Live Well before 2022, ask us about Legacy pricing.

Programs & packages DO offer lower rates than unpackaged services (\$169/hr):

- **Standard Rate** is \$147/hr; PAYG after a package: \$75/follow-up
- **Friends & Family**⁺ Rate is \$127/hr; PAYG after a package: \$70/follow-up
- **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**

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