

## Pricing List & Payment Plans for Love to Live Well Individual Services

Individual Package	Individual Rates Packaged Rates (~25% off Regular Rate)			Friends & Family, Medicare, Military, & Disability Rates (~33% off Regular Rate)		
	1 Time Payment	Monthly Payments with Setup Fee (Option 1)	Monthly Payments With 1/2 Setup Fee (Option 2)	1 Time Payment	Monthly Payments with Setup Fee (Option 1)	Monthly Payments With 1/2 Setup Fee (Option 2)
<b>6-Week Package</b>	\$360	\$270 setup fee then 1 pmt @ \$90/month	(2) Payments of \$135 then 1 pmt @ \$90/month	\$305	\$215 setup fee then 1 pmt @ \$90/month	(2) Payments of \$107.50 then 1 pmt @ \$90/month
<b>12-Week Package (most popular)</b>	\$495	\$315 setup fee then 2 pmts @ \$90/month	(2) Payments of \$157.50 then 2 pmts @ \$90/month	\$425	\$155 setup then 3 pmts @ \$90/month	(2) Payments of \$77.50 then 3 pmts @ \$90/month
<b>6-Month Package</b>	\$765	\$315 setup fee then 5 pmts @ \$90/month	(2) Payments of \$157.50 then 5 pmts @ \$90/month	\$665	\$215 set up then 5 pmts @ \$90/month	(2) Payments of \$107.50 then 5 pmts @ \$90/month
<b>6 Pack of Follow Ups</b>	\$360	NA	4 pmts @ \$90/mo	\$305		4 pmts @ \$76.25/mo

Most Flexible Spending Accounts or Health Savings Accounts **do** cover Love to Live Well individual services. All packages can either be paid up-front or in installments. Up-front payment in full results in 1 free visit being added to the end of the 6-week and 12-week packages and 2 free visits being added to the end of a 6-month package.

Friends & Family Package pricing provides special pricing for friends & family members who complete a Love to Live Well package together. Otherwise, family pricing may apply to additional family members after the client has paid full-price. Medicare, Disability, Military pricing is the same as Friends & Family Pricing but documentation must shown at the initial consultation to qualify.

### Regular versus Packaged Pricing:

- Regular Rate is \$120/hr. ( pay-by-visit rather than package).
- Packaged Rate is ~\$90/hr.

### Special Pricing:

- Family, Medicare, Military, & Disability Rate is ~\$80/hr.
- Sliding Fee Rate (~67% off) is \$40/visit. Must meet qualifications.

**Packaged Pricing** is 25% off the regular rate; the packaged programs are encouraged to ensure established healthy habits. Most conditions may be addressed sufficiently by the 12-week package. The 6-month package is more appropriate for a client with more than 30 lbs to lose and a history of weight cycling or long history of weight gain or overweight/obese status. Client leaves each visit with goals for eating, active living, and stress management.

**Sliding Scale Pricing:** To meet the criteria for sliding scale, you must be able to provide documentation that you qualify for 1 or more of the following: Food Stamps, Unemployment, Section 8 Housing, TANF, WIC, or Medicaid.

## Other Services & Products from Love to Live Well

### Other Services

- Nutrition Screening + 30-min health coaching (cost:\$50)
- Body Composition Analysis + 30-min health coaching (cost:\$50)
- Nutrition Screening & Body Composition + 30-min health coaching (cost:\$75)
- Smart Grocery Shopping Private Lessons (cost:\$180)
- Smart Grocery Shopping Group Lessons (cost:\$25/person with minimum of 5, maximum of 15 people)
- Virtual Fridge & Pantry Makeover (cost:\$180)
- Computerized Nutrient Analysis (3 day or 7-day) (cost:\$35 or 70)
- 7 Day Tailored Menu Plan (includes calculated calorie level) (cost:\$180 (current clients: \$100)
- Meal Plan Calculation (cost:\$45)
- 1- Hour Instruction on Meal Plan (cost: \$120 or \$90 if friend/family member of current client)
- Group Nutrition/Health Coaching sessions with families (min of 3, max of 6) (cost:\$100 per 1 hour session)
- Lunch-n-Learn for small groups (cost: \$250)

*See website for detailed descriptions of each service & product.*