

Love to Live Well Individual Wellness or Weight Loss Package Pricing-NEW CLIENTS
Effective January 1, 2022

Packages	NEW CLIENT Rates			NEW FRIENDS & FAMILY Rates (see criteria on page 2)		
	1 Time Payment Upfront	Payment Plan Option 1	Payment Plan Option 2	1 Time Payment Upfront	Payment Plan Option 1	Payment Plan Option 2
6-Week* (4 visits)	\$490	1 pmt of \$300 then 2 pmts of \$95 (@ visits 1, 3, 4)	2 pmts of \$197.50 then 1 pmt of \$95 (@ visits 1, 3, 4)	\$420	1 pmt of \$230 then 2 pmts of \$95 (@ visits 1, 3, 4)	2 pmts of \$162.50 then 1 pmt of \$95 (@ visits 1, 3, 4)
12-Week* (most popular) (7 visits)	\$700	1 pmt of \$415 then 3 pmts of \$95 (@ visits 1, 3, 5, 7)	2 pmts of \$255 then 2 pmts of \$95 (@ visits 1, 3, 5, 7)	\$600	1 pmt of \$315 then 3 pmts of \$95 (@ visits 1, 3, 5, 7)	2 pmts of \$205 then 2 pmts of \$95 (@ visits 1, 3, 5, 7)
6-Month* (13 visits)	\$1120	1 pmt of \$550 then 6 pmts of \$95 (@ visits 1, 3, 5, 7, 9, 11, 13)	2 pmts of \$322.50 then 5 pmts of \$95 (@ visits 1, 3, 5, 7, 9, 11, 13)	\$960	1 pmt of \$390 then 6 pmts of \$95 (@ visits 1, 3, 5, 7, 9, 11, 13)	2 pmts of \$242.50 then 5 pmts of \$95 (@ visits 1, 3, 5, 7, 9, 11, 13)
Follow-Up 6-Pack (30-min ea)	\$420 (\$405#)	NA	3 monthly pmts of \$140 (\$135#)	\$360 (\$345#)	NA	3 monthly pmts of \$120 (\$115#)
Follow-Up 12-Pack (30-min ea)	\$840 (\$810#)	NA	6 monthly pmts of \$140 (\$135#)	\$720 (\$690#)	NA	6 monthly pmts of \$120 (\$115#)

*Includes 1.5-hr Initial Consultation and 1-hr Visit 2 to discuss report & meal plan in addition to 30-minute follow ups thereafter.

#Complete 3+ *Follow-Up 6-Packs* beyond a *6-Month Package* or refer 3+ friends or family members; **\$15 off per 6-Pack.**

If you pay-as-you-go, Initial Consultation is \$240, Visit 2 Report & Meal Plan is \$160, then follow-ups are \$80 each.

Clients who are on Disability or over 65+ years of age, please see LEGACY FRIENDS & FAMILY PRICING [here](#).

Flexible Spending Accounts (FSA) or Health Savings Accounts (HSA)

Most FSA/HSAs **do** cover our services. All packages may be paid up-front or in installments. **Up-front payment results in 1 free visit added to the end of 6- or 12-Week Package or Follow-Up 6-Pack and 2 free visits added to the end of a 6-Month Package or Follow-Up 12-Pack.**

New Friends & Family Package Pricing (after January 1, 2022)

This pricing applies to 1) friends & family members who start a Love to Live Well package together, 2) additional family members who start after the original client, 3) new clients who are military, emergency personnel (e.g. fire, law enforcement, emergency department, ICU), essential/front line workers seeing the public throughout the pandemic (until December 2022) (e.g. teachers, grocery store workers, etc.) but documentation must be shown at initial consultation to qualify. **New clients who can document age 65+ (Senior) or Disability also qualify for Legacy Friends & Family Pricing (see [LEGACY pricing](#)).**

Sliding Fee Scale:

To qualify, you must provide documentation of **at least one** of the following: Food Stamps, Unemployment, Section 8 Housing, TANF, WIC, or Medicaid.

Regular versus Packaged Pricing

- **Regular Rate is \$160/hr**—only clients who choose to pay-as-you-go rather than choose a package will pay this rate.

Packages offer lower rates:

- **Packaged New Client** Rate is ~\$140/hr (almost 15% off regular rate)
- **New Friends & Family*** Rate is ~\$120/hr (25% off regular rate)
- **Legacy Client*** Rate (for current clients) is ~\$100/hr (almost 40% off regular rate)
- **Legacy Friends & Family*** Rate is ~\$85/hr (over 45% off regular rate) (includes new Senior (65+) & Disability)
- **Sliding Fee Scale*** Rate is \$40/visit regardless of whether 1.5-hr, 1-hr, or 30-minute visit (65% off regular rate)

***Must meet qualifications**

Packages are encouraged because building new habits takes time. Think of these as 6-week, 12-week, or 6-month programs to provide deeper behavior change. The shorter packages begin to establish healthier lifestyle changes, but true habits take time to build. Don't underestimate the value of learning how to maintain healthier habits and goal weights.

Other Love to Live Well Services & Products

Other Services

- Nutrition Screening + 30-minute health coaching (45 min) (cost: \$120; \$75 for current clients)
- Body Composition Analysis + health coaching (45 min) (cost: \$120; \$75 for current clients)
- Nutrition Screening & Body Composition + health coaching (60 min) (cost: \$160; 100 for current clients)
- Smart Grocery Shopping Private Lessons (1.5 hr) (cost: \$320; \$200 for current clients)
- Smart Grocery Shopping Group Lessons (1.5 hr) (cost: \$50/person with minimum of 6, maximum of 15 people)
- Virtual Fridge & Pantry Makeover (1.5 hr) (cost: \$240; \$200 for current clients)
- 7 Day Tailored Menu Plan (fits calculated calorie level) (cost: \$560; \$400 for current clients)
- Meal Plan Calculation (cost: \$80; 50 if friend/family member of current client)
- 1- Hour Instruction on Meal Plan (cost: \$160; 100 if friend/family member of current client)
- *Bundled* Meal Plan Calculation + 1 Hour Instruction on Meal Plan (cost: 240; \$150 for Legacy client's family/friends)
- Group Nutrition/Health Coaching sessions with families (min of 3, max of 6) (cost: \$200 per 1 hour session; \$150/hr if current clients)
- Lunch-n-Learn for small groups, employers, places of worship, etc. (cost: \$300/hr)

Testing (self-pay rates; not covered by insurance)

- Micronutrient Testing (\$495; \$445 for Legacy clients (save \$50)) to determine if functional deficiencies exist
 - Nutrients are best absorbed from food; however, some deficiencies must be corrected through supplements
 - Guidance on appropriate dietary changes and/or supplements are available (30 minutes) for \$60.
- Lipoprotein Plus Testing (\$170; \$150 for Legacy clients (save \$20))
- *Bundled* Micronutrient + Lipoprotein Plus Testing (\$645 (save \$20); \$575 for Legacy clients (save \$90))
- Telomere (\$255; \$225 for Legacy clients (save \$30))
- MTHFR Genotyping (\$160; \$140 for Legacy clients (save \$20))

Testing does not include lab draw fee (typically \$35-45) or 30-minute consultation to explain the meaning of test results. One visit from your package may be used for current clients. If you are not currently a client completing a package, please sign up for a 30-minute health coaching session to discuss your results (cost \$60).

See [website](#) for detailed descriptions of each service & product as well as how to know which one fits you best.