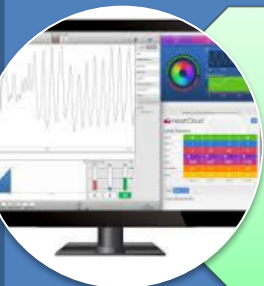




45-min Single Health Coaching Session

- Billed to insurance as an office visit. Patients are responsible for copay or deductible amount.



HeartMath

- 30-Min Single Session...\$29
- Inner Balance (personal) Device..\$135-162



MedGem Metabolic Assessment

- Billed to Insurance or \$85.



Group Weekend Wellness Events

- \$10/family.

12-Week HC Program

\$165/month

Or \$495 total (an \$890 value)

- **Assessments and Plan Customization**
 - Comprehensive lifestyle assessment and report
 - One Medgem Metabolic Assessment
 - Body composition assessments(access to weigh in hours on Fridays 3-4:30pm)
- **Six, 60-minute sessions** (available at WMC, by phone/video, or at a location near you), can purchase additional sessions for \$35 each
 - HeartMath sessions (not device) included
- **Weekly Support**
 - Health Coach Newsletter
 - Email or phone call check in
 - Food log review
- **Group Weekend Wellness Events**



6-Month HC Program

\$140/month

Or \$840 total (a \$1,780 value)

- **Assessments and Plan Customization**
 - Comprehensive lifestyle assessment and report
 - Medgem Metabolic Assessment
 - Body composition assessments(access to weigh in hours on Fridays 3-4:30pm)
- **12, 60-minute sessions** (available at WMC, by phone/video, or at a location near you), can purchase additional sessions for \$35 each
 - HeartMath sessions (not device) included
- **Weekly Support**
 - Health Coach Newsletter
 - Email or phone call check in
 - Food log review
- **Group Weekend Wellness Events**

****Monthly payment plans available****