



## 12 Week Cash Reimbursement - Conservative (Typical for Startup)

**Optional: CPT and ICD billing codes are provided.**  
The suggested cash fees are 40% of the national average.

### 1. Session I (Initial Consult) - 30 Min.

- Nutritional & Medical History
- Body Composition Analysis & Basal Metabolic Rate Assessment
- Nutrition Assessment - Provide Specific Name Brand Foods



- Evaluate 24 Hour Food Log
- 17 Foods To Incorporate Into lifestyle
- Blood Sugar Management
- **Provide Specific Functional Name Brand Foods, Food Combinations**  
Combinations, Goals, Shopping list

### 2. Session II - 15-20 Min.

- Provide Session II Functional Foods
- Specific Medical & Nutritional Goals
- **Long Term Behavior Modification**
- Shopping list



- **Custom Realistic Exercise Program** - Aerobic, Anaerobic -Detailed – Specific Heart Rate
- **20-40 Name Brand Foods** to Incorporate into lifestyle

### 3. Session III - 15-20 Min.

- Detailed lifestyle Food Instruction (varied topics)
- **Goal Setting & Meditation**



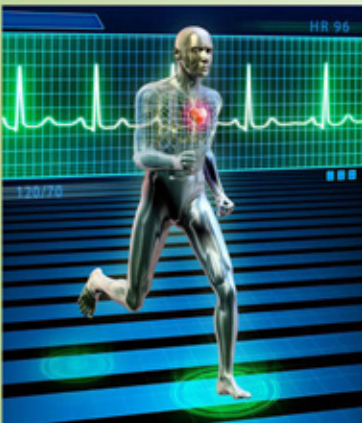
- **Clinical Meal Plan with Menus & Shopping lists**
- **Advanced Behavior Modification Techniques**
- **Restaurant Eating & Nutritional Supplementation**



### Counseling Packages (4-6 visits are typical for the average client)

1 Session	\$ 295.00	
3 Week/Session Program	\$ 395.00	\$760.00 Value & Saving of \$365.00 - Includes 2 Metabolic Tests
4 Week/Session Program	\$ 495.00	\$835.00 Value & Saving of \$390.00 - Includes 2 Metabolic Tests
6 Week/Session Program	\$ 795.00	\$985.00 Value & Saving of \$410.00 - Includes 2 Metabolic Tests
8 Week/Session Program	\$ 945.00	\$1,335.00 Value & Saving of \$540.00 - Includes 3 Metabolic Tests
10 Week/Session Program	\$ 1,115.00	\$1,485.00 Value & Saving of \$570.00 - Includes 3 Metabolic Tests
12 Week/Session Program	\$ 1,300.00	\$1,835.00 Value & Saving of \$660.00 - Includes 4 Metabolic Tests

## Average 12-week Executive Wellness Program Costs \$4,000 -\$6,000 Per Patient



- 4. Longevity and Medical Risk Analysis Questionnaires .....\$60.00  
Analysis of Blood Labs, Genetic Risk Factors & lifestyle Risks - A 1-25 Page Color Report
- 5. Body Fat Measurement Alone .....\$75.00
- 6. Basal Metabolic Rate Assessment, REE & ADL.....\$125.00
- 7. Fitness Testing .....\$100.00

*Give Your Patients A  
**New Lifestyle...Not Just Another Diet!**®*

