



## **Health Coaching Appointment Types**

### Discovery Call: (30 mins)

Book a free 30-minute phone call to learn more about how Inspire Wellness NEW can help guide you to making transformational changes to live your best life. It's Natural and Effective because you ARE Worth it!

### New Client Appointment: (60 – 75 minutes)

Includes a review of the Client Intake Form with in-depth discussion about personal health & wellness goals and comprehensive review of past health history. Collaboratively initiate an individualized Be Well plan that aims to maximize the body's needs, minimize harmful stressors, and prioritize ways to start facilitating healing. This includes initial recommendations for lab testing, supplements, and nutrition and lifestyle recommendations.

### Lab (blood) Draw Appointment: (15-30 mins)

Lab tests that require a blood sample are drawn onsite at Inspire Wellness NEW. (Labs that do not require a blood sample are sent directly to the client's home and do not require a lab draw appointment).

\*Lab draw appointment cost is separate from lab company's cost for ordering & processing the tests.

\*There is a 5% lab clinical analysis fee for all lab tests.

### Lab Follow-Up Appointment: (1-2 tests: 60 minutes; 3 or more tests: 75 minutes)

Comprehensive review of lab test results; make appropriate changes to Be Well plan of care.

### Nutrition & Food Education Consult: (45 – 60 minutes)

A deep dive into nutrition and how to use food as medicine as an integral part of care.

### Follow Up Appointment: (45 mins)

Discuss and evaluate client progress towards meeting personal goals. Discuss additional testing if needed. Review nutrition, supplements, and lifestyle modifications. Make changes to Be Well plan of care as appropriate.

## **Health Coaching Payment Options**

### Be Well Plan: Full Price – Pay as You Go

Frequency and type of appointments vary depending on individual client needs, goals, and care recommendations.

### Be Well Plan: Discounted Pre-Pay Bundle

Frequency and type of appointments included in bundle may vary depending on individual client needs, goals, and care recommendations.

*Gift cards are available for Health Coaching and IV therapy appointments!*