



Health Coaching Appointments, Payment Options, and Pre-Pay Packages! **(See Integrative Services Available on Page 8)**

Discovery Call: (30 mins) – Free

Book a 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: (90 minutes) – \$175.00

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 facilitate healing. This includes initial recommendations for lab testing, supplements, nutrition, and lifestyle recommendations. It is recommended that clients bring their medications, supplements, and any prior labs they want me to review to this appointment.

Lab (blood) Draw Appointment: (30 mins) – \$55.00

Lab tests that require a blood sample are drawn onsite at Inspire Wellness NEW. (Labs that do not require a blood sample are drop-shipped 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.

Lab Results & Recommendations Appointment: (1 lab panel: 75 minutes - \$159.00; 2+ lab panels: 90+ minutes - \$185.00)

Comprehensive analysis and review of lab test results; make appropriate changes to Be Well plan of care and follow-up recommendations.

*Note: more than one lab test may be included in a bundle package; appointment length and cost are based on number of lab tests.

Nutrition & Food Education Consult: (60-75 minutes) – \$129.00

A deep dive into nutrition and how to use food as medicine as an integral part of your health & wellness.

Follow Up Appointment: (75 mins) – \$129.00

Evaluate progress of established Be Well Plan. Discuss progress towards meeting personal goals. Determine if changes, adjustments, or further lab testing are needed based on client progress.

**Bundle prices subject to change based on changes in lab costs (per lab company).*

***Gift cards, Loyalty cards, and Referral program available!*



Health Coaching Payment Plans

****All Appointments Include:**

- A detailed summary after each visit that includes your individualized Be Well Plan of Care with client education, SMART goals, and follow-up recommendations.
- Client education and reference materials appropriate to your goals.
- Discounted prices off high-quality CellCore products when purchased through Inspire Wellness NEW.
- 10% off first order of high-quality supplements ordered through Inspire Wellness NEW's FullScript or Doctor's Supplement Store accounts.
- Follow-up email or phone call (per your preference) one week after each appointment to check in on progress and address any questions.
- Access to Inspire Wellness NEW's Referral program.
- Access to Inspire Wellness NEW's Loyalty program.
- Health coaching appointments can be scheduled in-person or virtual.

Be Well Plan (Pay as you Go)

****Frequency of visits will vary depending on client history, personal goals, and individualized care recommendations.**

- **New Client Appointment paid at initial visit** (see appointment pricing on page one).
- Following your New Client Appointment, recommendations may include:
 - Initial lab(s) to begin uncovering root cause(s) of dysfunction and address personal goals
 - Labs requiring phlebotomy will include a lab draw appointment at Inspire Wellness NEW.
 - At-home lab kits will be drop-shipped directly to the client's home.
 - Lab follow-up appointment is required to review clinician lab analysis and go over personalized Be Well Plan of care recommendations. Lab results are emailed to client for their records.
 - A Nutrition and Food Education Consult.
 - Each client will generally require 4-8 follow-up appointments or more to make impactful, long-lasting changes and begin seeing desired results. Degree of progress toward goals is dependent on consistency and adherence to the process. *Addressing root cause(s) of dysfunction does not produce immediate results; it takes a positive mindset, time, and personal dedication.*
- Integrative Services (massage therapy, detoxification foot baths, and infrared sauna sessions) can be scheduled individually or purchased in bundle packages.

**Bundle prices subject to change based on changes in lab costs (per lab company).*

***Gift cards, Loyalty cards, and Referral program available!*



Be Well Plan (Pre-Pay Packages!)

- **New Client Appointment paid at initial visit for all packages: \$175**
- *Listed prices subject to change with updates in lab costs. *

1) Basic Foundational Package (a GREAT way to start): \$1840 (\$1895 with lab draw)

- 1 lab review appointment (2+tests)
- 1 food & nutrition education appointment
- 5 follow up appointments
- 1 lab draw appointment (if required for selected labs)
- Labs included
 - 1 Zoomer, 2 Panels of your choice
- Additional Wellness Perks!
 - 20% discount on first order of high-quality supplements purchased through FullScript, and 10% discount on subsequent orders.
 - Supplement prices vary depending on company cost, type of supplement, quantity, and frequency of use.
 - Personalized daily nutrition guide for one week at Nutrition Consult.
 - **Integrative service discount:** Massage therapy, detoxification foot bath, and infrared sauna session at 20% discount (first 2 appts).

2) Advanced Foundational Package (a more thorough start): \$2060 (\$2115 with lab draw)

- 1 lab review appointment (2+ tests)
- 1 food & nutrition education appointment
- 5 follow up appointments
- 1 lab draw appointment (if required for selected labs)
- Labs included
 - 2 Zoomers, 1 Panel of your choice
- Additional Wellness Perks!
 - 20% discount on first order of high-quality supplements purchased through FullScript, and 10% discount on subsequent orders.
 - Supplement prices vary depending on company cost, type of supplement, quantity, and frequency of use.
 - Personalized daily nutrition guide for one week at Nutrition Consult
 - Access to a wider variety of written educational handouts and tools
 - **Integrative service discount:** Massage therapy, detoxification foot bath, and infrared sauna session at 20% discount (first 2 appts).

**Bundle prices subject to change based on changes in lab costs (per lab company).*

***Gift cards, Loyalty cards, and Referral program available!*



3) **Comprehensive Foundational Package (the king of starts!): \$2410 (\$2465 with lab draw)**

- 1 lab review appointment (2+ tests)
- 1 food & nutrition education consult
- 6 follow up appointments
- 1 lab draw appointment (if required for selected labs)
- Labs included
 - 3 Zoomers of your choice
- Additional Wellness Perks!
 - 25% discount on first order of high-quality supplements purchased through FullScript, and 10% discount on subsequent orders.
 - Supplement prices vary depending on company cost, type of supplement, quantity, and frequency of use.
 - Personalized daily nutrition guide for two weeks at Nutrition Consult
 - Access to a wider variety of written educational handouts and tools
 - **Integrative service discount:** Massage therapy, detoxification foot bath, and infrared sauna session at 20% discount (first 2 appts).

4) **Single Zoomer / Panel Package: \$805 (\$860 with lab draw) + price of selected lab**

- 1 lab review appointment (1 test)
- 1 food & nutrition education consult
- 4 follow up appointments (\$129 each)
- 1 lab draw appointment (if required for selected lab)
- Labs included
 - 1 Zoomer/Panel/Other Test of your choice
- Additional Wellness Perks!
 - 15% discount on first order of high-quality supplements purchased through FullScript, and 10% discount on subsequent orders.
 - Supplement prices vary depending on company cost, type of supplement, quantity, and frequency of use.
 - Personalized daily nutrition guide for one week at Nutrition Consult.
 - Access to a wider variety of written educational handouts and tools
 - **Integrative service discount:** Massage therapy, detoxification foot bath, and infrared sauna session at 20% discount (first appt).

*Bundle prices subject to change based on changes in lab costs (per lab company).

**Gift cards, Loyalty cards, and Referral program available!



5) **Create-Your-Own Health Package: \$Price will vary**

- 1 lab review appointment (2+ tests)
- 1 food & nutrition education consult
- Choose your desired # of follow up appointments (\$129 each)
- 1 lab draw appointment (if required for selected labs)
- Labs included
 - 2 or more customizable to your choice from Vibrant Wellness Lab options
- Additional Wellness Perks!
 - 20% discount on first order of high-quality supplements purchased through FullScript, and 10% discount on subsequent orders.
 - 15% discount on first orders for bundles with 1-2 labs
 - 20% discount on first orders for bundles with 2+ labs
 - Supplement prices vary depending on company cost, type of supplement, quantity, and frequency of use.
 - Personalized daily nutrition guide for one week at Nutrition Consult.
 - Access to a wider variety of written educational handouts and tools
 - **Integrative service discount:** Massage therapy, detoxification foot bath, and infrared sauna session at 20% discount (first appt).

6) **Female Profile (Hormones) Package: \$1185**

- 1 lab review appointment (2+ tests)
- 1 food & nutrition education consult
- 4 follow up appointments
- 1 lab draw appointment
- Labs included
 - CUSTOM Female Hormone Bundle: full hormone panel, Vitamin D, inflammatory markers, metabolic markers, CMP, CBC
- Additional Wellness Perks!
 - 15% discount on first order of high-quality supplements purchased through FullScript, and 10% discount on subsequent orders.
 - Supplement prices vary depending on company cost, type of supplement, quantity, and frequency of use.
 - Personalized daily nutrition guide for one week at Nutrition Consult
 - Access to a wider variety of written educational handouts and tools
 - **Integrative service discount:** Massage therapy, detoxification foot bath, and infrared sauna session at 20% discount (first appt).

**Bundle prices subject to change based on changes in lab costs (per lab company).*

***Gift cards, Loyalty cards, and Referral program available!*



7) **Male Profile (Hormones) Package: \$1175**

- 1 lab review appointment (2+ tests)
- 1 food & nutrition education consult
- 4 follow up appointments
- 1 lab draw appointment
- Labs included
 - CUSTOM Male Hormone Bundle: hormones, Vitamin D, inflammatory markers
 - metabolic markers, CMP, CBC
- Additional Wellness Perks!
 - 15% discount on first order of high-quality supplements purchased through FullScript, and 10% discount on subsequent orders.
 - Supplement prices vary depending on company cost, type of supplement, quantity, and frequency of use.
 - Personalized daily nutrition guide for one week at Nutrition Consult
 - Access to a wider variety of written educational handouts and tools
 - **Integrative service discount:** Massage therapy, detoxification foot bath, and infrared sauna session at 20% discount (first appt).

8) **Thyroid Package: \$1180**

- 1 lab review appointment (2+ tests)
- 1 food & nutrition education consult
- 4 follow up appointments
- 1 lab draw appointment
- Labs included
 - CUSTOM Thyroid Bundle: FULL thyroid panel, anemia panel, nutrition panel, lipids, inflammatory markers, CMP, CBC, iodine, cortisol.
- Additional Wellness Perks!
 - 15% discount on first order of high-quality supplements purchased through FullScript, and 10% discount on subsequent orders.
 - Supplement prices vary depending on company cost, type of supplement, quantity, and frequency of use.
 - Personalized daily nutrition guide for one week at Nutrition Consult
 - Access to a wider variety of written educational handouts and tools
 - **Integrative service discount:** Massage therapy, detoxification foot bath, and infrared sauna session at 20% discount (first 2 appts).

**Bundle prices subject to change based on changes in lab costs (per lab company).*

***Gift cards, Loyalty cards, and Referral program available!*



9) Hormones Plus Thyroid Package:

- **Female profile: \$1490**
- **Male Profile: \$1450**
- 1 lab review appointment (2+ tests)
- 1 food & nutrition education consult
- 5 follow up appointments
- 1 lab draw appointment
- Labs included
 - CUSTOM Hormone Bundle *plus* CUSTOM Thyroid Bundle
- Additional Wellness Perks!
 - 20% discount on first order of high-quality supplements purchased through FullScript, and 10% discount on subsequent orders.
 - Supplement prices vary depending on company cost, type of supplement, quantity, and frequency of use.
 - Personalized daily nutrition guide for one week at Nutrition Consult
 - Access to a wider variety of written educational handouts and tools
 - **Integrative service discount:** Massage therapy, detoxification foot bath, and infrared sauna session at 20% discount (first 2 appts).

Optional Add-Ons to ANY Package

- Add any additional labs to your selected package (price will increase based on lab cost. Labs that require phlebotomy will also include a lab-draw appointment at Inspire Wellness NEW. See page 1 for details).
- Add any additional appointments to your selected package (price will increase based on appointment type and cost).
- **IMPORTANT!** Because every person is unique in their genetics, experiences, and health goals, you may need to tailor an above package to better fit your needs. Due to the interconnectedness of the body, as you uncover root causes in one area, you may decide to pursue further lab testing and evaluation in another area or wish to retest to evaluate your progress. These labs and subsequent follow-up appointments can be added as needed.

Zoomers: Provide a comprehensive understanding of how an organ or biological system is functioning and the patterns contributing to symptoms, using a wide range of detailed biomarkers.

Panels (singular tests): Provide targeted insights into a specific pathway, exposure, or deficiency; evaluate a narrower set of detailed biomarkers to add focused clarity when particular mechanisms need closer evaluation.

**Bundle prices subject to change based on changes in lab costs (per lab company).*

***Gift cards, Loyalty cards, and Referral program available!*



INTEGRATIVE SERVICES **(Relax, detoxify, rejuvenate!)**

Massage Therapy

Offering a wide range of benefits, massage therapy is a natural way to reduce stress and support mobility, recovery, and whole-body wellness. Our licensed massage therapist will work with you to help relieve muscle tension, enhance circulation, and support greater comfort, relaxation, and overall well-being. At Inspire Wellness NEW, a 60-minute massage means 60 minutes hands-on! That's right, we don't believe in "add ons," so whether your massage targets relaxation or is therapeutic in nature, there are no additional fees!

- 60-Minute Massage (Relaxation or Therapeutic): **\$85**
- 90-Minute Massage (Relaxation or Therapeutic): **\$115**
- Pre-Pay Savings Packages: COMING SOON – INQUIRE WITHIN!

Ionic Detoxification Foot Bath

- Individual Session: **\$35.00** (\$30.00 for FIRST appointment!)
This soothing therapy uses water and ion technology to remove toxins from the body and facilitate cellular cleansing. Such an affordable and effective way to support innate health & healing!
- Pre-Pay Savings Packages (Must use within 12 months of purchase)
 - Save **10%** on a package of 5 foot baths!
 - Save **15%** on a package of 6 or more foot baths!

Infrared Sauna Appointments

- Individual Session: **\$35.00** (\$30.00 for FIRST appointment!).
Experience the relaxing benefits of infrared technology as it helps promote detoxification healthy circulation, and recovery while supporting your body's natural wellness processes. Select from the following programs:
 - 1) Anti-Aging
 - 2) Cardio
 - 3) Detoxification
 - 4) Pain Relief
 - 5) Relaxation
 - 6) Weight Loss

*Our sauna includes 3-in-1 infrared technology with red light, chromotherapy, and audio speakers for musical relaxation!
- Pre-Pay Savings Packages (Must use within 12 months of purchase)
 - Save **10%** on a package of 5 sauna sessions!
 - Save **15%** on a package of 6 or more sauna sessions!

****Receive a FREE detoxification foot bath or sauna session during your birthday month with the purchase of a Pre-Pay Savings Package!***

**Bundle prices subject to change based on changes in lab costs (per lab company).*

***Gift cards, Loyalty cards, and Referral program available!*



Important Disclaimers

Inspire Wellness NEW, LLC does not claim to diagnose, treat, or cure disease or injury. You should remain in contact with your primary health care provider with any recommendations made, and for direction on your prescription medications.

Financial Commitment

Inspire Wellness NEW, LLC is a direct pay office and is not in network with any insurance company. This allows Inspire Wellness NEW, LLC to provide individualized testing, care, and follow up aimed at determining causality of health concerns and restoring wellness long-term without a third party dictating your care. This also reduces costs associated with billing, insurance reimbursement, and inflated overhead to keep prices more affordable. Inspire Wellness NEW, LLC is mindful of cost and is happy to discuss any concerns related to cost with our clients.

Lab Tests

Inspire Wellness NEW utilizes Vibrant Wellness for most of their advanced functional labs, with other lab company options available depending on client needs.

- Prices are based on each lab company's cost and vary depending on the amount of data obtained from each test. Simple blood tests, such as a CBC, CMP, or single test such as fasting insulin are quite economical. Full Zoomers and Panels generally range from \$300-\$700 each, with cost-saving bundle options available.
- Some lab tests are collected at home while others require a blood draw (lab draw appointment priced separately).
- Some lab tests may be billable to insurance while others are not. Please check with your insurance provider for more information.

Supplements

Prices vary depending on each company's cost, type of supplement, quality, quantity, and frequency of use. Discounts are available from my FullScript and Doctors Supplement Store accounts where clients can order their high-quality supplements directly from a personalized link. Amazing discounts are also available when purchasing CellCore supplements; these are ordered for you by Inspire Wellness NEW and drop-shipped directly to your home!

**Bundle prices subject to change based on changes in lab costs (per lab company).*

***Gift cards, Loyalty cards, and Referral program available!*