



## **Health Coaching Appointments, Payment Options, and Pre-Pay Packages!**

### 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: (60 – 75 minutes) – \$169.00

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: (15-30 mins) – \$49.00

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 Follow-Up Appointment: (1-2 tests: 60 minutes – \$150.00; 3+ tests: 90 minutes – \$175.00)

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: (45 – 60 minutes) – \$125.00

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

### Follow Up Appointment: (45 mins) – \$125.00

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.

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



## Health Coaching Payment Plans

### **\*\*All Appointments Include:**

- 1) A detailed summary after each visit emailed to you that includes your individualized Be Well Plan of Care with client education, action items, and follow-up recommendations.
- 2) A one-week Lifestyle Journal to be reviewed at your Food & Nutrition Education Consult.
- 3) Client education and reference materials appropriate to your goals.
- 4) Discounted prices off high-quality CellCore products when purchased through Inspire Wellness NEW.
- 5) 10% off first order of high-quality supplements ordered through Inspire Wellness NEW's FullScript account.
- 6) Follow-up via email (or phone call if you prefer) within 48-business hours.
- 7) Access to Inspire Wellness's Referral program.
- 8) Access to Inspire Wellness's Loyalty program.
- 9) Health coaching appointments can be in-person at either Suamico location, or virtual.
- 10) Discount off IV (or IM) vitamin services (see plan for details).
- 11) Discount off detoxification foot bath services (see plans for details).

### **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: \$169** (see additional appointment pricing on page 1).
- Following New Client Appointment, each client is recommended to have:
  - Initial lab(s) to begin uncovering root cause(s) of dysfunction
    - 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.
  - At least one Nutrition and Food Education Consult.
  - Each client will generally require 4-8 follow up appointments or more to make impactful and 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 time and dedication.*
- IV vitamin & hydration or IM vitamin injections – available up to weekly. Full price with discount provided if use Loyalty card (additional discounts listed below).
- Detoxification foot bath service – available up to every three days, depending on desired results. Full price with discount provided if use Loyalty card OR (additional discounts listed below).

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



### **Be Well Plan (Pre-Pay Packages!)**

- **New Client Appointment paid at initial visit for all packages: \$169**
- **\*\*Labs may be able to be substituted for similar cost – inquire within.\*\***
- **\*\*Listed prices subject to change with changes in lab company costs.\*\***

#### **1) Basic Foundational Health Package (a GREAT way to get started): \$1490**

- 1 lab follow-up appointment (1-2 tests: 60 minutes)
- 1 food & nutrition education consult (45-60 minutes)
- 4 follow up appointments (45-60 minutes each)
- Labs included
  - Organic Acids Test (OAT), Gut Zoomer Complete
- 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.
  - Unlimited weekly lifestyle journals.
  - Access to a wider variety of written educational handouts and tools
  - IV vitamin & hydration therapy, or IM vitamin injection, of choice at 10% discount (first appt). Subsequent IV vitamin & hydration, or IM vitamin injection are available up to weekly.
  - Detoxification foot bath service at 20% discount (first appt). Subsequent appointments are available up to every three days, depending on desired results.

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2) Advanced Foundational Health Package (a more thorough start): **\$1695**

- 1 lab follow-up appointment (3 tests: 90 minutes)
- 1 food & nutrition education consult (45-60 minutes)
- 5 follow up appointments (45-60 minutes each)
- Labs included
  - Organic Acids Test (OAT), Gut Zoomer Complete, and choice of **one additional** functional test from Vibrant Wellness Bundle options (i.e.: mycotoxins, heavy metals, environmental toxins, urinary hormones, additional zoomer, etc.)
  - Can customize this package to any three functional tests from Vibrant Wellness 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
  - Unlimited weekly lifestyle journals
  - Access to a wider variety of written educational handouts and tools
  - IV vitamin & hydration therapy, or IM vitamin injection, of choice at 10% discount (2 appts). Subsequent IV vitamin & hydration, or IM vitamin injection are available up to weekly.
  - Detoxification foot bath service at 20% discount (2 appts). Subsequent appointments are available up to every three days, depending on desired results.



### 3) Comprehensive Foundational Health Package (the king of starts!): **\$2150**

- 1 lab follow-up appointment (3+ tests: 90 minutes)
- 1 food & nutrition education consult (45-60 minutes)
- 6 follow up appointments (45-60 minutes each)
- Labs included
  - Organic Acids Test (OAT), Gut Zoomer Complete, and choice of **three additional** functional test from Vibrant Wellness Bundle options (i.e.: mycotoxins, heavy metals, environmental toxins, urinary hormones, additional zoomer, etc.)
  - Can customize this package to any five functional tests from Vibrant Wellness Bundle
- 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
  - Unlimited weekly lifestyle journals
  - Access to a wider variety of written educational handouts and tools
  - IV vitamin & hydration therapy, or IM vitamin injection, of choice at 10% discount (2 appts). Subsequent IV vitamin & hydration, or IM vitamin injection are available up to weekly.
  - Detoxification foot bath service at 20% discount (2 appts). Subsequent appointments are available up to every three days, depending on desired results.



#### 4) Gut Health Package: **\$1325**

- 1 lab follow-up appointment (1-2 tests: 60 minutes)
- 1 food & nutrition education consult (45-60 minutes)
- 4 follow up appointments (45-60 minutes each)
- Labs included
  - Gut Zoomer Complete
  - **Add a Wheat Zoomer for only \$220**
  - **Add any other food Zoomer for only \$297**
- 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.
  - Unlimited weekly lifestyle journals with clinician review
  - Access to a wider variety of written educational handouts and tools
  - IV vitamin & hydration therapy, or IM vitamin injection, of choice at 10% discount (first appt). Subsequent IV vitamin & hydration, or IM vitamin injection are available up to weekly.
  - Detoxification foot bath service at 20% discount (first appt). Subsequent appointments are available up to every three days, depending on desired results.

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



5) Female Profile (Hormones) Package: **\$1120**

- 1 lab follow-up appointment (3+ tests: 90 minutes)
- 1 food & nutrition education consult (45-60 minutes)
- 4 follow up appointments (45-60 minutes each)
- 1 lab draw appointment
- Labs included
  - CUSTOM Female Hormone Bundle: hormone panel (15 tests), Vitamin D, lipid panel, inflammation markers (3 tests), HgbA1C, CMP, CBC
  - **Add \$155.00 to upgrade to a CUSTOM hormone w/ thyroid profile** (thyroid hormones, anemia panel, nutrition panel, iodine level)!
- 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 two weeks at Nutrition Consult
  - Unlimited weekly lifestyle journals
  - Access to a wider variety of written educational handouts and tools
  - IV vitamin & hydration therapy, or IM vitamin injection, of choice at 10% discount (first appt). Subsequent IV vitamin & hydration, or IM vitamin injection are available up to weekly.
  - Detoxification foot bath service at 20% discount (first appt). Subsequent appointments are available up to every three days, depending on desired results.

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6) Male (Hormones) Profile Package: **\$1115**

- 1 lab follow-up appointment (3+ tests: 90 minutes)
- 1 food & nutrition education consult (45-60 minutes)
- 4 follow up appointments (45-60 minutes each)
- 1 lab draw appointment
- Labs included
  - CUSTOM mMle Hormone Bundle: hormones (13 tests), Vitamin D, lipids, inflammation markers (3 tests), HgbA1C, CMP, CBC
  - **Add \$160 to upgrade to a CUSTOM hormone w/ thyroid profile** (thyroid hormones, anemia panel, nutrition panel, iodine level)!
- 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 two weeks at Nutrition Consult
  - Unlimited weekly lifestyle journals
  - Access to a wider variety of written educational handouts and tools
  - IV vitamin & hydration therapy, or IM vitamin injection, of choice at 10% discount (first appt). Subsequent IV vitamin & hydration, or IM vitamin injection are available up to weekly.
  - Detoxification foot bath service at 20% discount (first appt). Subsequent appointments are available up to every three days, depending on desired results.

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





## 7) Thyroid Package: **\$1115**

- 1 lab follow-up appointment (3+ tests: 90 minutes)
- 1 food & nutrition education consult (45-60 minutes)
- 4 follow up appointments (45-60 minutes each)
- 1 lab draw appointment
- Labs included
  - CUSTOM Thyroid Hormone Bundle: FULL thyroid panel, anemia panel, nutrition panel, lipids, inflammation markers (3 tests), CMP, CBC, iodine, cortisol.
  - **Add wheat zoomer for \$270** (common source of thyroid dysfunction)
  - **Add total tox burden for \$520** (common source of thyroid dysfunction)
- 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
  - Unlimited weekly lifestyle journals
  - Access to a wider variety of written educational handouts and tools
  - IV vitamin & hydration therapy, or IM vitamin injection, of choice at 10% discount (first appt). Subsequent IV vitamin & hydration, or IM vitamin injection are available up to weekly.
  - Detoxification foot bath service at 20% discount (first appt). Subsequent appointments are available up to every three days, depending on need.

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



8) Total Tox Burden Package: **\$1497**

- 1 lab follow-up appointment (3 tests: 90 minutes)
- 1 food & nutrition education consult (45-60 minutes)
- 5 follow up appointments (45-60 minutes each)
- Labs included
  - Environmental toxins, mycotoxins (mold), heavy metals
  - **Add a complete micronutrients panel (4 tests) with a lab draw appointment for \$511**
- 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
  - Unlimited weekly lifestyle journals
  - Access to a wider variety of written educational handouts and tools
  - IV vitamin & hydration therapy, or IM vitamin injection, of choice at 10% discount (2 appts). Subsequent IV vitamin & hydration, or IM vitamin injection are available up to weekly.
  - Detoxification foot bath service at 20% discount (2 appts). Subsequent appointments are available up to every three days, depending on desired results.

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9) Cardiovascular Health & Blood Glucose Package: **\$1230**

- 1 lab follow-up appointment (3+ tests: 90 minutes)
- 1 food & nutrition education consult (45-60 minutes)
- 5 follow up appointments (45-60 minutes each)
- 1 lab draw appointment
- Labs included
  - Cardiac Health Panel (3+ tests)
  - Diabetes (blood glucose) panel (3+ tests)
- 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
  - Unlimited weekly lifestyle journals
  - Access to a wider variety of written educational handouts and tools
  - IV vitamin & hydration therapy, or IM vitamin injection, of choice at 10% discount (first appt). Subsequent IV vitamin & hydration, or IM vitamin injection are available up to weekly.
  - Detoxification foot bath service at 20% discount (first appt). Subsequent appointments are available up to every three days, depending on desired results.

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**10) Food Sensitivity & Wheat Zoomer Package: \$1295**

- 1 lab follow-up appointment (3 tests: 75 minutes)
- 1 food & nutrition education consult (45-60 minutes)
- 4 follow up appointments (45-60 minutes each)
- Labs included
  - Food Sensitivity 1, Food Sensitivity 2, Wheat Zoomer
  - **Substitute wheat zoomer for any other food zoomer for \$27**
- 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
  - Unlimited weekly lifestyle journals
  - Access to a wider variety of written educational handouts and tools
  - IV vitamin & hydration therapy, or IM vitamin injection, of choice at 10% discount (2 appts). Subsequent IV vitamin & hydration, or IM vitamin injection are available up to weekly.
  - Detoxification foot bath service at 20% discount (2 appts). Subsequent appointments are available up to every three days, depending on desired results.

**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 include a lab-draw appointment at Inspire Wellness NEW. See page 1 for details).
- 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.

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## **Detox Foot Bath Appointments**

Ionic Foot Detoxification: \$45.00

Relax, detoxify, and rejuvenate! Toxins are osmotically pulled from the body into the energized foot bath to facilitate cellular cleansing. Such an affordable and effective way to support innate health & healing!

### Pay Packages

- 1) Save 10% by purchasing 7 ionic foot baths for \$283.50
- 2) Save 15% by purchasing 14 ionic foot baths for \$535.50

**\*\*Must schedule appointments within a 12-month timeframe.**

## **IV / IM Vitamin Infusion Appointments**

Please see <https://inspirewellnessnew.com/iv-therapy/iv-menu/> for available blends and pricing. Prices may change based on adjustments in market costs.

- 1) Purchase four IV infusions of your choice and receive a 20% discount on your fifth IV infusion!
- 2) Purchase four B12, B-complex, or glutathione injections (or any combination), and receive a 35% discount on your fifth injection!

**\*\*Must schedule appointments within a 12-month timeframe.**

*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

Prices are based on each lab company's cost and vary depending on the amount of information provided in each test. Simple blood tests, such as a CBC, CMP, or single test such as fasting insulin are quite economical in price (lab appointment priced separately). Full kits generally range from \$125-\$750 each, with bundle options available. 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 account 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!

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