# Program Pricing

#### **First Month**

GET STARTED

\$499 members

\$799 non-members

#### **Features**

Body Composition Scale for at home use

14 Day Continuous Glucose Monitor CGM with app

One-on-One consultation with Physician Meeting Includes baseline bloodwork (15 Minutes)

One-on-One consultation with Behavioral Therapist (50 Minutes)

One-on-One consultation with Integrative Health Coach (50 Minutes)

## Monthly Fee ONGOING SUPPORT

\$249 members

\$299

#### **Features**

Weekly Meetings Featuring Various Topics and Q&A

Monthly Meetings with Behavioral Therapist and Integrative Health Coach

Access to Additional Health and Wellness Resources

66

Create A Healthy Balance In your Life with a Sustainable Blueprint.

#### About us



Dr. Dana Mineer Family Physician



Marina James, MA, CBC Behavioral Therapist



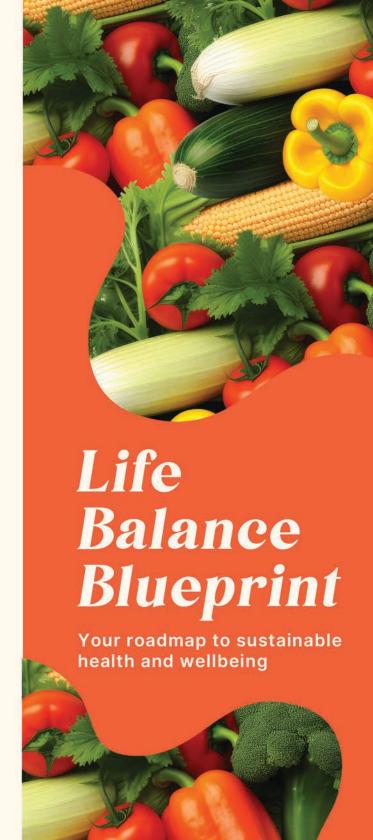
Lisa Foster, INHC Certified Integrative Nutrition Health Coach

#### Learn more at:

☑LB2@LoveHealfhDPC.com

LoveHealthDPC.com





### Life Balance Blueprint Provides

#### **Medical Support**

Customized baseline bloodwork or micronutrient panel.

2

#### **Health Coaching**

In depth 1:1 health coaching assessment to evaluate nutrition, lifestyle habits, health conditions and goals.

(3)

#### **Mindset Coaching**

In depth 1:1 mindset assessment to evaluate your overall ability to achieve your goals.



#### **Equipment**

Setting you up for success with the right equipment including a CGM monitor with app and body composition scale.



#### Accountability

Weekly meetings to keep you engaged and address different topics in areas of nutrition, exercise, mental health and more.



#### Establish a Routine

Develop a daily routine that provides structure and a sense of consistency.



# Your Journey to a Healthier Life

Our Comprehensive Health Program Is designed to provide holistic support for Individuals looking to Improve their overall health and well-being.

This program Incorporates medical support, nutrition, mindset and accountability ensuring a balanced and sustainable approach to health.



Movement for an Active Life



Unveiling the Power of Small Changes



Emotional Balance for a Fulfilling Life

