

# 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**  
non-members

### 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



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

## About us



**Dr. Dana Mincer**  
Family Physician



**Marina James, MA, CBC**  
Behavioral Therapist



**Lisa Foster, INHC**  
Certified Integrative  
Nutrition Health Coach

Learn more at:

[LB2@LoveHealthDPC.com](mailto:LB2@LoveHealthDPC.com)

[LoveHealthDPC.com](https://LoveHealthDPC.com)



# Life Balance Blueprint

Your roadmap to sustainable health and wellbeing



# Life Balance Blueprint Provides

**1** **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.

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

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

**6** **Establish a Routine**  
Develop a daily routine that provides structure and a sense of consistency.

## Transform Your Relationship with Food & Movement



## 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**

