

# Payment Terms



## SESSION FEES

Session Fees are the following:

Initial Consult and Plan Development: **\$1000**

Additional Follow-Ups: **\$150/hour**

Additional phone calls, texting or emails are charged at the hourly rate of **\$100/hr.**

Session fees are made clear to the client and agreed upon before sessions are initiated. All sessions are conducted only after payments are received.

The Initial Consult is approximately 2 hours. I am extremely thorough on our initial visit which is the reason for the lengthy meeting time. However, sessions can be shortened at the client's request. Follow ups are 60-90 minutes each.

Please note that after you meet with the Health Coach, you will receive a personal plan catered specifically to **you** to help you achieve your health goal(s). During this time, you and the Health Coach will also determine a continuing plan that is right for you. Additional follow-up sessions may include, but are not limited to one-on-one coaching sessions, stress management techniques, grocery store guided shopping, ingredient label lessons, pantry perusing, meal prep, cooking demonstrations, walk and talk sessions, exercise demonstrations, stress relief demos, breathing techniques, and/or a revising session to re-evaluate your personalized plan, etc.

## PAYMENTS

Payments are due in advance before each coaching session. We accept Cash, Check, and Venmo. Coaching is not covered by health insurance; therefore, the client is responsible for the full amount.

**\*\*My objective is not, has not and never will be money. If financial constraints are what's holding you back, please reach out. I will work with you. Your health is of my utmost concern.\*\***

## CANCELLATION & MISSED SESSIONS

Please allow 24-hour notice for cancellations. Missed sessions are billed at half-rate. However, depending on the reason for the missed appointment, missed sessions can be rescheduled. Please be considerate of both your time and mine.