

# ANNUAL MEMBERSHIP LEVELS

# THE VITAL WOMAN

At The Women's Vitality Center, our ongoing patient care is provided as an **annual membership**. Because every patient has unique needs, we have different levels to choose from and different ways to **customize**.

If you'd like to continue your care with us, we'd love to support you to build upon your momentum and optimize your health and vitality over the year ahead!

## CORE MEMBERSHIP BENEFITS

No matter which level of The Vital Woman fits your needs best, ALL active members receive:

- ◆ Personalized care with our **VITAL Method** approach
- ◆ Private messaging with your care team
- ◆ Customized, written treatment plans
- ◆ Lab and supplement tracking forms
- ◆ Care team coordination (internally and externally)
- ◆ 10% discount on professional-grade supplements
- ◆ **Replenish** online wellness program
- ◆ The **Vitality Club** online community and education
- ◆ Live group calls: ND Office Hours and Coaching Momentum Calls (see Club for schedule)
- ◆ **NEW** - Your care team now includes a **Vitality Coach** who is available to coach you around your goals and/or provide logistical care plan coordination.



As extra support, your care team now includes a Vitality Coach/Care Coordinator as your "go-to person" who can help you implement your plan, access your labs and supplements, stay on track over the year, and make sure you have what you need to be successful on your journey to vitality.

Topics may include: accountability with your plan, nutrition and lifestyle guidance, mindset support, blood sugar balance, stress management

## ACTIVE CARE

### FOCUS

**This is for you** if your case is **more complex**, your health significantly impacts your life, you have several unresolved concerns and you need **consistent focus and guidance** this year.

**Fee: \$500/mo x 12mo**  
\$5500 full-pay (one month free)

Exact numbers and types of visits may vary. Depending on your medical and coaching needs, this level could look like:

1hr ND follow-ups	4 - 6
20min coaching/care coordination sessions*	0 - 16
20min ND check-ins**	2 - 4
Core Member Benefits	Included

\*20min coaching sessions can be combined for longer sessions  
\*\*2 brief ND check-ins can be combined for a 1hr ND follow-up

### CONTINUITY

**This is for you** if you've made good progress but need to **address lingering symptoms**, fine tune your labs and hormone balance, and have support as we **continue to adjust your plan**.

**Fee: \$300/mo x 12mo**  
\$3300 full-pay (one month free)

Exact numbers and types of visits may vary. Depending on your medical and coaching needs, this level could look like:

1hr ND follow-ups	2 - 3
20min coaching/care coordination sessions*	0 - 8
20min ND check-ins**	2 - 3
Core Member Benefits	Included

\*20min coaching sessions can be combined for longer sessions  
\*\*2 brief ND check-ins can be combined for a 1hr ND follow-up

## MONITOR & MAINTAIN

### MINI

**This is for you** if you and your doctor agree that you are ready for **minimal maintenance**, you are stable with your labs and treatment plan, and you want a partner to **continue to help monitor** and optimize your health over time.

**Fee: \$150/mo x 12 mo**  
\$1,650 full-pay (one month free)

1hr ND follow-ups	1 - 2
20min coaching/care coordination sessions	0 - 4
20min ND check-ins*	0 - 2
Core Member Benefits	Included**

\*2 brief ND check-ins can be combined for a 1hr ND follow-up  
\*\*Private messaging is minimal with this level of care.

THE WOMEN'S  
*Vitality* CENTER

#### NOTES:

- ▶ Fees are for our services and do not cover costs for labs, supplements or Rx medications.
- ▶▶ Membership commitment is for one year and visits do not carry over to the next term.
- ▶▶▶ If you need additional care, you may add-on coaching packages, upgrade your plan or renew early.
- ▶▶▶ We recommend that you have a primary care provider for needs that are beyond the services we offer.

Please feel free to reach out to [support@womensvitalitycenter.com](mailto:support@womensvitalitycenter.com) with any questions. We look forward to continuing to support your journey to optimal vitality!