

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
- ◆ 10% discount on professional-grade supplements
- ◆ A **Vitality Coach** who is available to coach you around your goals and/or provide logistical support
- ◆ Care team coordination (internally and externally)
- ◆ **Replenish** and **Perimenopause 101** online program
- ◆ The **Vitality Club** online community, education and live group calls (see Club for schedule)
- ◆ A variety of **Wellness Partner** benefits & discounts



Your care team includes your **Naturopathic Doctor** and **Vitality Coach/Care Coordinator**. We meet regularly in the background to discuss your needs and help you to achieve your health goals and stay on track over the year. We're here to support you with implementing and adjusting your treatment plan, making diet and lifestyle changes, ordering your labs and supplements, and finding new ways to shift your mindset and manage your stress. The rest of the TWVC team is also available to consult or provide direct support for your care as needed.

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 included for the year 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 included for the year 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.

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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 with any questions. We look forward to continuing to support your journey to optimal vitality!