

THE VITAL MEMBERSHIP

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

As you continue on your healing journey, 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 Membership** fits your needs best, ALL active members receive:

- ◆ Expert care from a team with decades of experience
- ◆ Holistic support with our **VITAL Method** approach
- ◆ Secure private messaging with your care team
- ◆ Customized, written treatment plans
- ◆ Annual **Care Plan Check in Visit** to evaluate progress, celebrate successes and chart the path ahead
- ◆ Easy ordering and tracking for labs and supplements
- ◆ 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 & Perimenopause 101** online programs
- ◆ The **Vitality Club** online community with curated library of educational resources
- ◆ 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 coordinate your care, discuss how to best support you and your health goals, and keep everything on track over the year. The Clinic Director and the whole TWVC team are also available to consult on your case as needed.

All levels of care offer access to a variety of visit types depending on your needs. Below are **EXAMPLES** of the amounts of each visit type that may be included for that level. You may customize your plan by substituting visits as follows:

SUBSTITUTION: one 1hr ND follow up = two 20min ND check-ins = eight 20min coaching sessions

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: \$525/mo x 12mo
\$5,775 full-pay (one month free)

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

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: \$325/mo x 12mo
\$3,575 full-pay (one month free)

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

MONITOR & MAINTAIN

MINI

(available for YEAR 2 and beyond)

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: \$175/mo x 12 mo
\$1,925 full-pay (one month free)

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

**Private messaging is minimal with this level of care.

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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!