

# Lifestyle Medicine Cost of Services

Service	Insurance	Hybrid	Cash Only
<b>Health Coach</b>	Free	Free	Free
<b>Dietitian</b>	Check with insurance provider	Check with insurance provider	\$45 per 15min or \$135 for New Patient and \$90 for follow ups
<b>Care Navigation</b>	Free	Free	Free
<b>Exercise Physiology:</b> Group exercise class	Free	Free	Free
<b>Exercise Physiology:</b> Additional Options			
Fitness Assessment with Report	N/A	N/A	\$204
90 min Starter Training Package (Fitness Assessment + 30 min session)	N/A	N/A	\$285
30 Minute 1:1 training session	N/A	N/A	\$100
60 Min 1:1 training session	N/A	N/A	\$170
10 pack of 60 min 1:1 training session	N/A	N/A	\$1530
<b>Group Programming</b>	Co-pay	Co-pay	Co-pay
<b>CPBL : Nutritional Chef</b>	N/A	N/A	\$30 for monthly membership
<b>Nudj: Counseling Services</b>	Free	Free	Free
<b>Endocrinology</b>	Co-pay	Co-pay	Co-pay
<b>Physical Therapy</b>	Co-pay; contact insurance for exact coverage	Co-pay	Co-pay
<b>Smoking Cessation</b>	Co-pay	Co-pay	Co-pay