



MESSENGER OF HEALTH

NUTRITION CONSULTATION FEES

The Messenger of Health Online or In-Person Nutrition Consultations and Protocols are not covered by any insurance plan however, we do accept payment by check, Paypal and credit cards which is submitted when completing the Online Health and Wellness Questionnaire.

We offer personalized, comprehensive nutrition programs based on your unique requirements. Our Nutrition Plans can help you manage your weight, lower disease risk, enhance your physical performance and obtain optimal health. After you complete the online questionnaire, our nutritionist will review your needs, help you establish realistic goals, and offer you the right combination of balanced eating, meal planning tips, and helpful tips to start you on your way to a healthier future eating lifestyle. This is not a fad diet but a change in eating. It is a one-on-one confidential nutrition consultation either in person or over the telephone. You will receive scientifically-based advise, a complete nutrition protocol with realistic recommendations, and up to date nutritional information for long-lasting results.

Consultations with a staff member of Messenger of Health will include a comprehensive assessment of your individual caloric needs, sample menu plan using your dietary preferences, and food diary to keep track of your caloric intake. A host of additional tips and suggestions will be provided to help you successfully achieve your weight goals.

Nutrition Consultation Fees

<p><u>In-Person or Phone Initial Intake Consultation</u></p>	<p>45.00 per session (45 mins)</p>
<p>During our initial meeting, we will discuss your unique needs, concerns, goals and objectives. We will review and discuss the information recorded on the Health and Wellness Questionnaire you will fill out prior to our meeting in person, or prior to our online telephone consultation and it will be forwarded back to us via email for review. From the information provided to Messenger of Health, we will work together toward achieving your goals with education, positivism and respect.</p> <p>4 sessions are generally recommended, with "maintenance check's" although certain client's</p>	

goals may require more or less.

Follow-up meetings In person/Telephone
Review of weekly food diary, weigh-ins,
questions and answers, suggestions, education
on food labeling, grocery list, and menus and
recipes to keep you successful.

30.00 per session (30 mins.)