

		Life Essentials Plans		Life Optimized				Life Transformed
Monthly Plan Price	Nonmember	Peds Life Essentials	Adult Life Essentials	Grow Well	Live Healthy	Live Pain Free	Live Well Age Well	Well 4 Life
Individual		\$15	\$30	\$60	\$60	\$60	\$60	\$150
Couple					\$108	\$108	\$108	\$270
Additional Family Members		Capped at \$90 per family	Capped at \$90 per family	\$48	\$48	\$48	\$48	\$120
Online Benefites								
Online Supplement Discount	N/A	10%	10%	10%	10%	10%	10%	15%
Life Renewed/BodySite Customized Health Coaching	\$47	N/A	Included	Included	Included	Included	Included	Included
Testing Discounts								
Body Composition Testing	\$15	N/A	2x per year	N/A	Unlimited	Unlimited	Unlimited	Unlimited
Basal Metabolic Rate (BMR) Testing	\$50 (\$75 w/advanced report)	N/A	N/A	N/A	2x per year	N/A	N/A	1x per year
Carotid Intima Media Thickness Test (CIMT)	\$200	N/A	N/A	N/A	\$150	\$150	\$150	Included
Breast Thermography	\$200	N/A	N/A	N/A	\$150	\$150	Included	Included
VO2 Max Testing	\$100	N/A	N/A	N/A	2x per year	\$50	\$50	2x per year
Therapy Discounts								
Alkaline Water	\$4 a gallon	4 gallon/ month	4 gallon/ month	4 gallon/ month	4 gallon/ month	4 gallon/ month	4 gallon/ month	4 gallon/ month
Full Spectrum Infrared Sauna	\$100 unlimited or \$30 per 30 mins	N/A	N/A	N/A	Unlimited	Unlimited	Unlimited	Unlimited
Shockwave Therapy	\$10/minute	N/A	N/A	N/A	N/A	\$5/minute	N/A	\$5/minute
Hyperbaric Oxygen	\$600 for 10 sessions	N/A	N/A	10 sessions included	\$400 for 10 sessions	5 sessions included	\$400 for 10 sessions	10 sessions included
Allergy Drops	Starts at \$250/vial	N/A	N/A	\$50 discount per vial	N/A	N/A	N/A	N/A
Biofeedback	\$50/session	N/A	N/A	10 sessions included	N/A	N/A	N/A	N/A
Decompression Therapy	\$600 for 10 sessions	N/A	N/A	N/A	\$400 for 10 sessions	5 sessions included	\$400 for 10 sessions	10 sessions included

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Procedure Discounts								
Fat Burner Injections	\$50	N/A	\$50	N/A	4 Included	\$25	\$25	4 Included
Hormone Pellet Insertion (+\$50/pellet)	\$250	N/A	N/A	N/A	\$50 off	\$50 off	\$100 off	\$100 off
Acupuncture	\$75	N/A	N/A	N/A	\$60	\$42	\$60	\$42
Knee/Shoulder/Hip Prolo	\$300	N/A	N/A	N/A	\$250	\$200	\$250	\$200
Knee/Shoulder/Hip PRP	\$700	N/A	N/A	N/A	\$650	\$600	\$650	\$600
Stem Cell Therapy	\$4,000	N/A	N/A	N/A	\$3,500	\$3,500	\$3,500	\$3,500
IV Therapies	Starts at \$140	N/A	\$20 of any IV (3 IVs per year)	N/A	\$40 off any IV (10 IVs per year)	\$40 off any IV (10 IVs per year)	\$40 off any IV (10 IVs per year)	\$40 off any IV (10 IVs per year)
Microneedling with Hyaluronic Acid	\$350	N/A	N/A	N/A	\$300	\$300	1x a year	1x a year
Skinceuticals Peel	\$110	N/A	N/A	N/A	N/A	N/A	2x a year	2x a year
30 Min. Nutrition Consult /Exercise Training Sessions	\$70	N/A	N/A	3 sessions included	6 sessions included	\$50	\$50	8 sessions included
Monthly Package Worth*		\$16	\$22.42	\$115.75	\$101.58	\$101.58	\$149.08	\$325.17
Monthly Total Possible Package Savings		\$24.29	\$35.70	\$158.20	\$404.04	\$405.87	\$376.56	\$615.27
Yearly Package Savings**		\$291	\$428	\$1,898	\$4,848	\$4,870	\$4,518.46	\$7,383