

Well Life Programs

	CORE	SIGNATURE	PREMIER
Price	\$60/month	\$120/month	\$300/month
Personalized Wellness Plan	✓	✓	✓
Quarterly Wellness Newsletter	✓	✓	✓
Expert Interpretation of Functional Testing	✓	✓	✓
Life Renewed Program	✓	✓	✓
Online Supplement Discount	10%	15%	20%
Tanita Body Composition Testing	4	6	12
Basal Metabolic Rate (BMR) Testing	1	1	1
VO ₂ Max Testing	1	1	1
Individual Health Coaching Sessions	2	4	4
Nutritional IV Treatments	1	2	4
Gym Discounts (Crossfit 806 & Fit Body)	✓	✓	✓
Infrared Sauna 1-Hour Sessions	4/mth	8/mth	unlimited
Lipo Mino Injections	✗	6	12
Functional Movement Assessment	✗	✓	✓
Training Sessions	✗	2	4
Provider-Led Quarterly Group Workshops	✗	✗	✓
Jumpstart Package Discount	✗	\$200 off	included Up to \$3,500 value!

*All memberships are year-long agreements, so benefits listed are for the year, unless otherwise stated.

**To join the Premier Program, half must be paid up front \$1,800, and the remaining \$1,800 will be financed monthly over the year, totalling \$150/month.

Service Overview

Personalized Wellness Plan

Every patient at Well Life receives a care plan designed by their provider, personalized to their specific needs and health goals.

Expert Interpretation of Functional Testing

At Well Life, you receive access to a variety of functional lab testing and expert interpretation from your provider.

Online Supplement Discount

Supplement discounts automatically apply to purchases on FullScripts. Contact our office to access your discount on our website.

Basal Metabolic Rate (BMR) Testing

BMR testing measures the minimum number of calories your body needs to function at rest by analyzing your breathing. This knowledge helps tailor your weight goals.

Individual Health Coaching Sessions

Work with one of our experienced health coaches to build a nutrition and/or exercise plan that works for you.

Gym Discounts

We are partnered with Fit Body Bootcamp and Crossfit 806 to bring you deals. Get \$35 off a monthly plan at Crossfit 806 or \$20 off a monthly unlimited plan with Fit Body Bootcamp.

Lipo Mino Injections

An intramuscular "skinny shot" that combines lipotropic amino acids (Methionine, Inositol, Choline, and L-Carnitine) with essential B vitamins to boost metabolism, enhance cellular fat burning, and increase energy levels.

Provider-Led Group Workshops

Learn more about different aspects of wellness in a small-group setting. Providers share their expertise and answer your questions.

Quarterly Wellness Newsletter

Wellness newsletters are sent out quarterly to keep you up to date on the latest updates from the clinic.

Life Renewed Program

Life Renewed is a 4-week detox program. It includes a guidebook, recipes, cheat sheets, and workouts customized by our team to help launch your wellness journey.

Tanita Body Composition Testing

Body composition testing measures muscle mass, body fat, water %, metabolic age, and more to track your progress.

VO2 Max Testing

This test measures the amount of oxygen your body can use during intense exercise. It is considered a strong indicator of long-term health and cardiovascular disease prevention.

Nutritional IV Treatments

We offer 2 nutritional IVs at the clinic: the Rocket Booster and our Meyer's Cocktail. Each include vitamins to help you feel your best. Please see our IV menu for more details.

Infrared Sauna

Our sauna delivers near-, mid-, and far-infrared wavelengths, maximizing your absorption. Benefits include detoxification, reduced inflammation, muscle recovery, and more!

Functional Movement Screen (FMS) & Training Sessions

The FMS is an assessment used to evaluate basic movement patterns, identify mobility and stability limitations, and help create a safe, effective exercise program tailored to your needs.

Jumpstart Package Discount

Get a "jumpstart" on your wellness journey by choosing one of our packages tailored towards common goals. See our Jumpstart Menu for more details!