



PREMIER
WEIGHT LOSS

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Membership

What is Included

1 Access to Providers

Your monthly fee covers unlimited visits—
see your provider as often as you'd like.

2 Reduced Cost of Lab Testing

Offers patients the opportunity to get a full panel of blood work completed for **89% cheaper** than typical out-of-pocket costs.

3 Nutritional Guidance from Registered Dietician

Free weekly webinars
Options for 30 or 60-minute one-on-one sessions
(See **next page** for more information)

4 Exclusive Botox Rates by Loyalty Tier

Member Rate of \$10.80/\$11.70 Per Unit
(See **page 5** for discount details)

5 Exclusive Morpheus8 Rates by Loyalty Tier

Non-surgical skin tightening and resurfacing treatments
(See **page 34** for discount details)

6 Exclusive Tone Rates by Loyalty Tier

Non-invasive skin contouring and muscle building treatments
(See **page 35** for discount details)



Dietician-Led Webinars

With Laura Goldman, Registered Dietician

Scan QR CODE To Register For FREE Weekly Webinars



1-on-1 Time Options

Personalized nutrition guidance tailored to your unique weight loss goals.

30-minute session - **\$50**

60-minute session - **\$100**

How to Register:

1. Go to PWLIndy.com (or scan the QR code above)
2. Click on “Patient Resources”
3. Click on “Dietitian Webinars”
4. Scroll to find the one you are registering for
(next available will be listed on top)
5. Click “Reserve Your Spot Now”



Loyalty & Discounts

1. Benefits of our loyalty program include exclusive discounts on **GLP-1 medications, Membership Fees, Botox Pricing, Skin Tightening, Muscle Toning** and more!
2. Loyalty status is determined by the number of **consecutive** months you've maintained an **active** membership.
3. If your membership is **canceled** and later reactivated, your loyalty status will **reset** to zero and begin counting from your rejoin date
4. Loyalty status will be updated at each of the following intervals: 6 months, 1 year, 2 years, 3 years and 4 years.

Loyalty Tiers & Discounts

Tier:	New Member (0-12 months)	Select (12-24 Months)	Premier (24-36 Months)	Elite (36-48 Months)	Founder (48+ Months)
Membership	\$145/mo	\$125/mo	\$100/mo	\$85/mo	\$75/mo
GLP-1 Discount ¹	N/A	\$15/Mo	\$25/Mo	\$30/Mo	\$35/Mo
Botox Discount	10%	20%	25%	30%	35%
Morpheus8 Discount	10%	20%	25%	30%	35%
Muscle Toning Discount	15%	25%	35%	40%	45%
SkinMedica Discount	N/A	15%	20%	25%	30%
Premium Fullscript (25% off)	Yes	Yes	Yes	Yes	Yes

¹GLP-1 Loyalty Discounts only on internally dispensed prescriptions

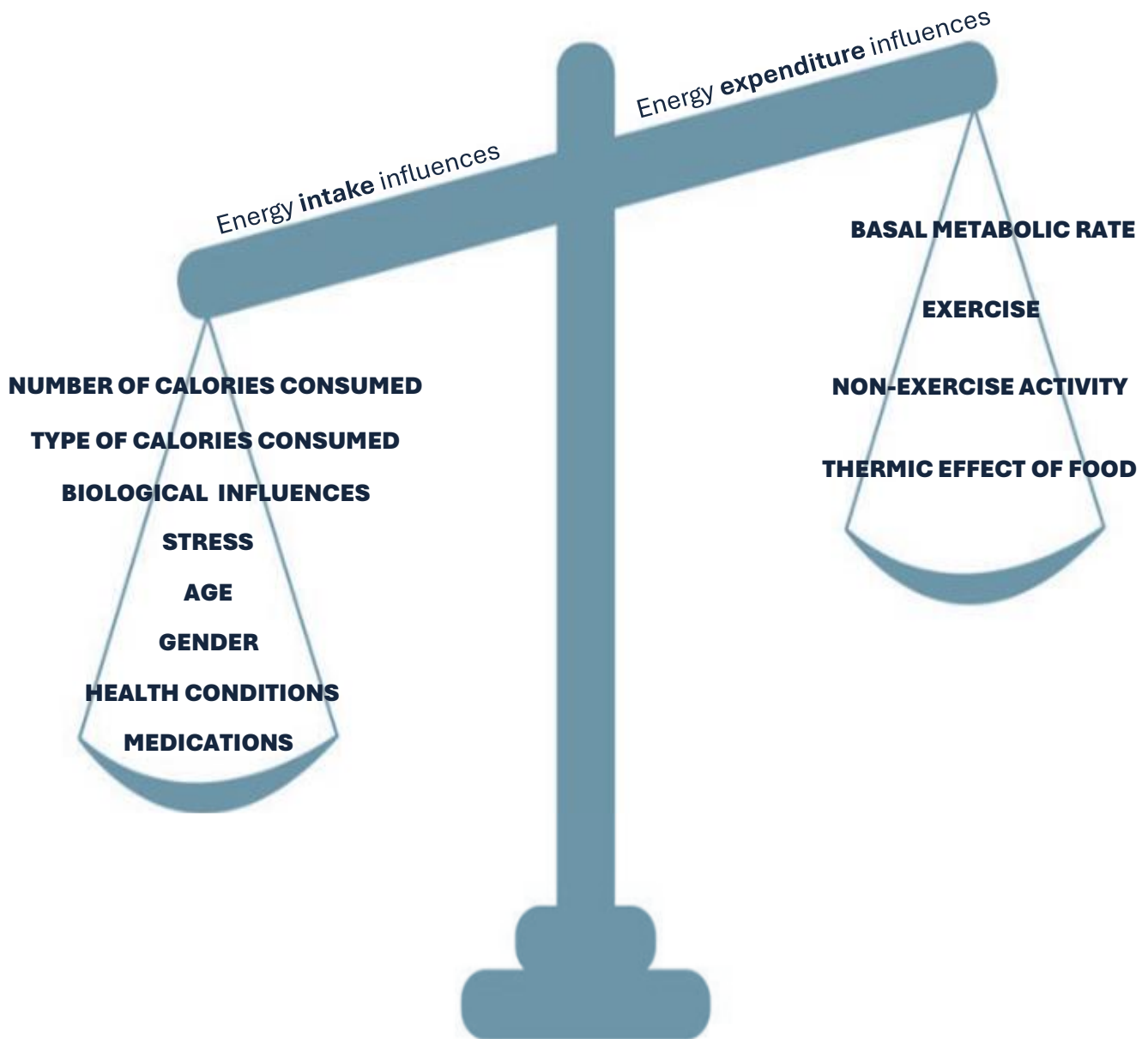


Fundamentals of Weight Loss

Energy Balance

Energy Balance refers to the relationship between the amount of energy (calories) we take IN and hold on to compared to the amount of energy (calories) we expend OUT

When **energy intake** < **energy expended**, we lose weight!



Energy Expenditure

EXERCISE ACTIVITY

5-10%

Exercise refers to the amount of energy expended during planned, structured times of activity

THERMIC EFFECT OF FOOD

10-15%

Thermic effect of food refers to the amount of energy (calories) burned to digest, metabolize, and transport nutrients

NON-EXERCISE ACTIVITY

20-25%

Non-exercise activity includes all calories burned unrelated to eating, sleeping, and exercising (i.e., fidgeting, standing, housework, walking, commuting, grocery shopping)

BASAL METABOLIC RATE

60-70%

Basal metabolic rate (BMR) refers to the amount of energy (calories) needed for the body to maintain basic life functions (i.e., breathing, body temperature, etc.)

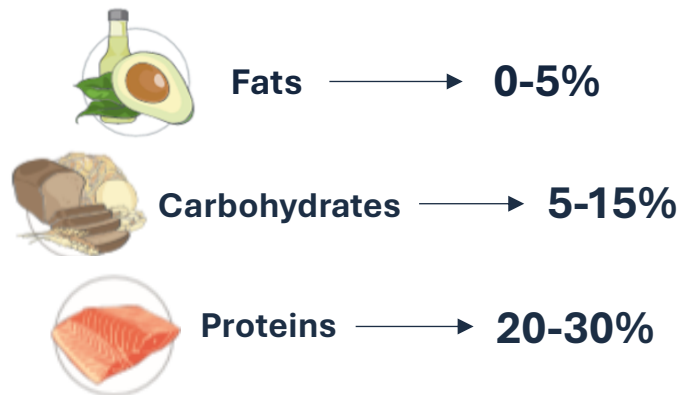


Nutrition

Thermic Effect of Food

Thermic Effect of Food (TEF) =

amount of energy it takes for your body to digest, absorb, and metabolize the food you eat



Example:

If you consume **100 calories** of a **carbohydrate**, your body will burn **~5-15 calories** to digest, absorb and metabolize the carbohydrates, resulting in a **net intake** of ~85-95 calories

However, if you consume **100 calories** of a **protein**, your body will burn **~20-30 calories** to digest, absorb and metabolize the protein, resulting in a **net intake** of ~70-80 calories

Not all calories are created equal! It's important to focus on quality vs. quantity

Nutrition

Protein

Women:	Men:
90g protein per day 30g protein 3x/day	120g protein per day 30g protein 4x/day

What 30g Looks Like:



4.5 oz of fish or
lean meat



1.5 oz almonds +
1 cup Greek yogurt



1 cup quinoa +
1.5 cup beans



1 cup of edamame +
2 pieces nigiri



3 eggs +
½ cup cottage cheese



1 protein shake or
1 scoop powder + milk

Nutrition

Examples of ~30g Protein Meals

	Breakfast	Lunch	Dinner
Monday	1 scoop whey protein 1 tsp peanut butter ½ banana	3.5 oz (~ size of your palm) turkey rollup 1 apple	4 oz filet mignon 1/3 cup quinoa
Tuesday	1 cup Greek yogurt ½ c berries 3-5 almonds	3-4 hard-boiled eggs 1 cup baby carrots	4 oz ground chicken Diced tomatoes, onions, and other veggies ½ cup part-skim cheddar cheese Serve in lettuce wraps
Wednesday	1 whole egg plus 4 egg whites scrambled ¼ cup part skim mozzarella cheese Add in any veggies	Salad with 3.5 oz grilled chicken and veggies	5 oz turkey/lean beef meatballs Spinach 1 tbsp parmesan
Thursday	1 cup cottage cheese 5 pineapple chunks or handful of berries 1 tsp chia seeds	1 Flatout Protein Flatbread 1 tbsp hummus 3 oz grilled chicken or turkey breast Veggies	Turkey Quinoa Stuffed Peppers made with 4 oz ground turkey 1/3 c quinoa 1 tbsp shredded cheese Tomatoes, scallions, etc.
Friday	1 cup oatmeal 1 scoop protein powder 2 tbsp chia seeds	Tuna melt made with ½ cup tuna 2 slices of grain bread 1 slice cheese	Burgers made with 4 oz lean beef or turkey 1 slice cheese slice

Nutrition

Simple Swaps to Up Your Protein Intake

SWAP OUT →

coffee creamer
0g protein, 5g sugar



→ **SWAP IN**



fairlife protein shake
30g protein, 2g sugar

Keep the creaminess and sweetness of creamer but with MORE protein and LESS sugar!

SWAP OUT →

sour cream
1g protein, 5g fat



→ **SWAP IN**



plain Greek yogurt
18g protein, 0g fat

All the creamy, tangy flavor with much more protein and less fat!

SWAP OUT →

white flour
3g protein, 23g carbs



→ **SWAP IN**



unflavored protein powder
25g protein, 3g carbs

For baked goods, swap some (or all!) of the flour with a scoop or two of unflavored protein powder for 8x more protein and fewer carbohydrates!

SWAP OUT →

white flour pasta
7g protein, 3g fiber,
43g carbohydrates



→ **SWAP IN**



chickpea pasta
20g protein, 8g fiber,
35g carbohydrates

You can have your pasta and eat it too! With almost 3x the protein (plus more fiber and less carbs), a chickpea alternative is a great option for pasta lovers!

SWAP OUT →

original yogurt
6g protein, 20g sugar



→ **SWAP IN**



Greek yogurt
20g protein, 3g sugar

All the sweet creaminess of yogurt but with triple the protein and a fraction of the sugar!

SWAP OUT →

white rice
4g protein, 0g fiber



→ **SWAP IN**



quinoa

10g protein, 7g fiber

The taste and convenience of rice but with more than double the protein content and the added benefit of fiber!

Nutrition

Protein Bars/Shakes

What To Aim For When Choosing Options:

Protein Bars:

- 15-30 grams of protein
- < 10 grams of sugar
- ≥ 4 grams of fiber



Protein Drinks/Shakes:

- ~20-40 grams of protein
- < 5 grams of sugar
- ≤ ~200 calories



Other Protein Snack Options:





































Nutrition

Protein Bars/Shakes

TYPE OF ACTIVITY	PROTEIN TYPE	BENEFIT	EXAMPLE
 LIFTING WEIGHTS	Whey with added creatine and L-Carnitine	To promote muscle's ability to work hard	 MuscleTech Nitro-Tech Whey
 ENDURANCE WORKOUTS	Whey or pea with added branch chain amino acids	To limit muscle damage by stimulating muscle protein synthesis during endurance activity	 Optimum Nutrition Gold Standard 100% Whey Protein Powder
 OVERNIGHT MUSCLE SYNTHESIS	Pure casein powder	It's slow-burning and has been studied to be most effective for overnight gains	 Dymatize Elite Protein Powder, Slow Absorbing with Muscle Building Amino Acids
 BUILDING MUSCLE	Whey or soy	The glutamine and arginine content helps prevent muscle breakdown and transports more blood flow to working muscles	 Vega Premium Sport Protein Powder
 MEAL REPLACEMENT	Pea	The carbohydrates and fat make it slow-digesting to help you stay fuller longer	 Naked Pea Protein Powder
 ADDING TO MEALS	Collagen and egg white powders	They dissolve well and won't mess with flavor or texture	 Vital Proteins Collagen Peptides Powder
 VEGAN	Pea, rice and hemp mixture	A blend of plant protein is best to make sure all amino acids are represented	 Orgain Organic Protein Plant Based Protein Powder

Nutrition

High Fiber Options (aim for **25-30g per day**)

Fruits	Vegetables	Beans/Nuts	Grains
 Raspberries 8g per cup	 Brussels Sprouts 6.4g per cup	 Beans 7.9g per ½ cup	 Farro 6.3g per cup
 Blackberries 8g per cup	 Sweet Potatoes 6.3g per cup	 Split Peas 8.2g per ½ cup	 Quinoa 5g per cup
 Pears 5.5g per fruit	 Squash 5.7g per cup	 Lentils 7.8g per ½ cup	 Oats 4g per cup
 Grapefruit 5g per fruit	 Broccoli 5.2g per cup	 Soybeans 5.2g per ½ cup	 Brown Rice 3.5g per cup
 Apples 4.5g per fruit	 Avocado 5g per ½ cup	 Pumpkin Seeds 5.2g per ounce	
 Blueberries 4g per cup	 Cauliflower 4.9g per cup	 Edamame 4.1g per ½ cup	
 Oranges 3.7g per fruit	 Carrots 4.8g per cup	 Chia Seeds 4.1g per tbsp	
 Bananas 3.2g per fruit	 Kale 4.7g per cup	 Almonds 3.5g per ounce	
 Prunes 3.1g per 4	 Green Beans 4g per cup	 Pistachios 2.9g per ounce	
 Strawberries 3g per cup	 Asparagus 2.9g per cup	 Flax Seeds 2.8g per tbsp	

Sample Daily Plan to Get ~25g of Fiber:

Breakfast: Oatmeal with a medium apple and a tablespoon of chia seeds

Lunch: A salad with leafy greens, carrots, and half a cup of chickpeas

Snack: A handful of almonds

Dinner: Quinoa with broccoli and lentils

Nutrition

Water

Goal: 64 oz/day



Average bottle
16.9 oz



Yeti Rambler
26 oz



HydroFlask
32 oz



Stanley Cup
40 oz



Bluewave Jug
64 oz

Nutrition

Healthier Options at Fast Food Restaurants



Grilled Market Salad - 28g protein, 41g carbs, 31g fat, 540 cal
Egg White Grill - 27g protein
Grilled Chicken Cool Wrap - 43g protein
12-count Grilled Chicken Nuggets - 30g protein



Double Roast Beef Sandwich - 38g protein, 38g carbs, 24g fat, 510 cal



Whopper Jr. Sandwich - 13g protein, 18g fat, 27g carbs, 310 cal



Salad Bowl (grilled chicken, black beans, fajita vegetables, salsa, guacamole) – 43g protein, 27g fat, 34g carbs, 550 cal



McChicken Sandwich – 14g protein, 21g fat, 39g carbs, 400 cal



Strawberry Poppyseed Salad With Chicken – 27g protein, 13g fat, 36g carbs, 350 cal



Grilled Chicken Bowl (rice, black beans, fajita veggies, lettuce, pico de gallo or salsa verde) – 49g protein, 7g fat, 73g carbs, 565 cal



Turkey, Provolone, and Pesto on Ciabatta – 32g protein, 10g fat, 53g carbs, 520 cal



Turkey Breast Sub – 28g protein, 8g fat, 50g carbs, 390 cal



Power Bowl (grilled chicken, black beans, rice, lettuce, tomatoes, guacamole, RF sour cream) – 26g protein, 21g fat, 41g carbs, 460 cal



Avocado Chicken Salad – 32g protein, 36g fat, 7.5g carbs, 485 cal

Nutrition

6 Helpful Tips To Regulate Blood Sugar



Start with greens. Before each meal, have a veggie starter. Studies show that by starting your meal with vegetables/salad, your blood sugar will not spike as high throughout the rest of the meal.



Add apple cider vinegar. Adding a tablespoon of apple cider vinegar before you eat can help support blood sugar. Add it to a glass of water or take it by itself if you're brave!



Choose a savory breakfast. Opting for savory options that are high in protein and healthy fats (i.e. eggs, avocado toast, etc.) can prevent spiking your blood sugar first thing in the morning, resulting in better control throughout the day.



Save sweets for dessert. Consuming items that are high in sugar/simple carbohydrates can cause your blood sugar to increase quickly and are also metabolized/burned quickly, resulting in spikes and dips in glucose levels. These frequent highs and lows can make you feel very tired throughout the day and can create a cycle of poor eating habits in an attempt to regulate energy levels. To help stabilize your blood sugar levels, try to indulge your sweet tooth once per day as a treat.



Try not to graze. Although we DO recommend small high-protein/high-fiber snacks/meals every ~3-4 hours while on medication, non-stop "grazing" on snacks throughout the day leads to a state in which your blood sugars, and subsequently your insulin levels, stay elevated. Consistently high insulin levels can lead to a disruption in insulin signaling, as well as insulin resistance and increased fat storage. Instead, try to focus on condensing your meals to set periods of the day and allow at least 1-2 hours in between to allow your glucose and insulin levels to reset.



Move after eating! Getting exercise following a meal can help reduce blood sugar levels as muscles utilize sugar for fuel. Try to get in the habit of taking a 15-30 minute walk following your meals.

Behavior

Weight-Influencing Factors



Behavior

Sleep

Utilizing the **10-3-2-1** method for sleep hygiene:

10 Hours before bed, **no more caffeine**



3 Hours before bed, **no more food/alcohol**



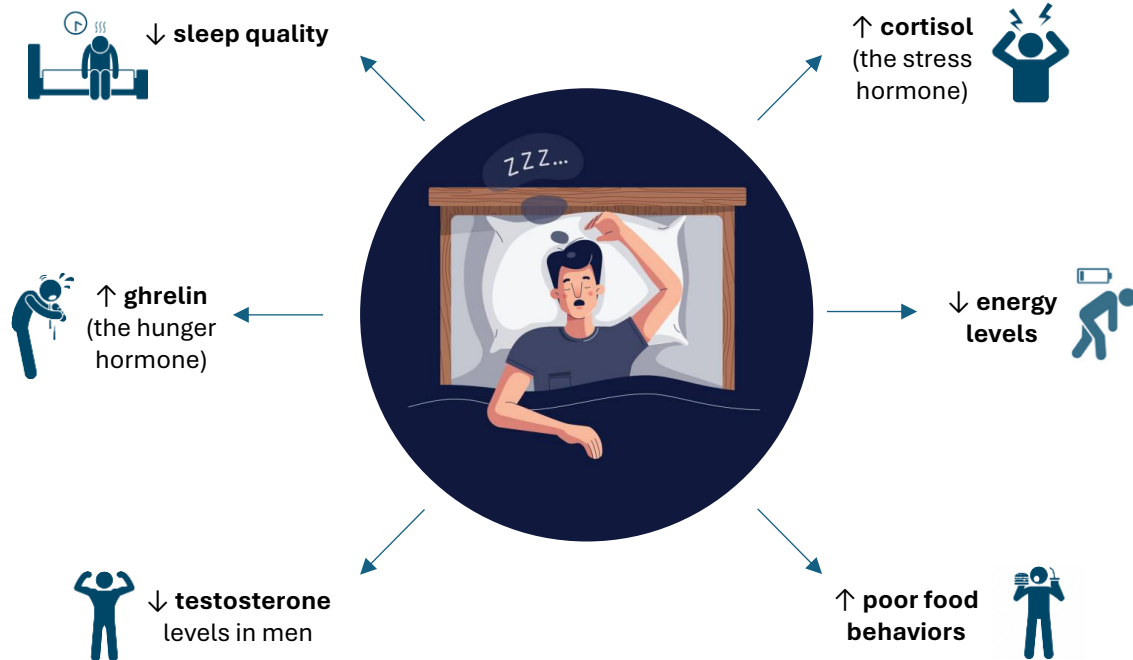
2 Hours before bed, **no more work**



1 Hour before bed, **no more screens**



How **Obstructive Sleep Apnea** Impacts Weight:



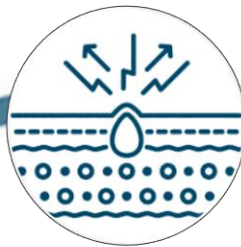
Behavior

The Insulin Resistance Cycle

Weight gain triggers a cascade of events to occur



Inflammatory markers are released from excess fat stores



Inflammation leads to a state in which cells cannot receive insulin well



If insulin cannot be taken in by the cells, it cannot work to lower blood sugars



Prolonged elevated blood sugars trigger the pancreas to release more insulin

High levels of insulin in the blood then get stored as fat



Behavior

The Brain's Response to Weight Loss

Our brains **resist** weight loss and can sabotage us to prevent losing more

Losing weight triggers an **↑** in **stress** hormones, especially when we lose weight with extreme caloric restriction

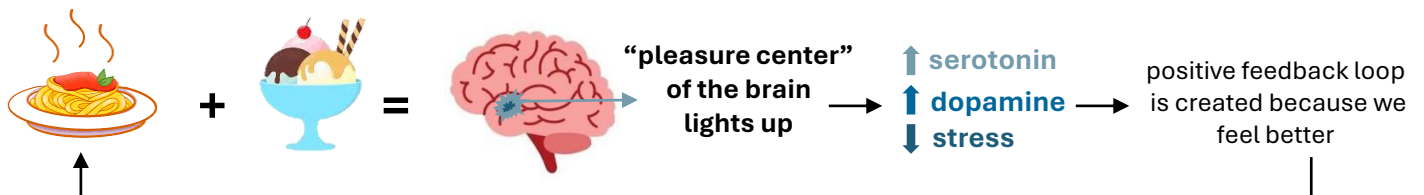


The stress is sensed in the reward center of our brains and processed as **“not rewarding”** or **“anxiety-inducing”** so modifications are set in motion to **stop** you from continuing to lose weight in order to stop the stress cycle (increasing ghrelin, decreasing leptin, increasing cravings, etc.)



Example:

Eating warm pasta and sweet ice cream causes an increase in **serotonin** and **dopamine** levels in our brain to help **decrease stress**



BUT we can activate those **same** “pleasure center” receptors, decrease stress, and get the **same reward** with **increasing**:



mindfulness



physical activity



laughter



social interactions

If we can find **healthy** ways to reward our brains, we can keep our dopamine and serotonin levels higher, keep stress levels lower, and prevent triggering our brains to “protect us” from weight loss

Behavior

Modifications to Increase Mindfulness and Reduce Brain Stress



don't eat while distracted



keep high protein snacks readily available



to increase your veggie intake, add frozen spinach to your morning smoothie. frozen spinach has the same nutrients and doesn't cause the texture/taste changes that fresh spinach can



set alarms to take walk or stand breaks throughout the day



avoid "all or none" thinking. if you fall off track with your diet, use the next meal to get back on track



avoid being in the kitchen if not actively cooking or eating



go for a walk when you're stressed or anxious. the combination of fresh air and the increase in blood flow can release endorphins and serotonin, as well as increase levels of norepinephrine in the brain



pick one day of the week to always plan your meals for the next week



don't restrict. instead, opt for smaller sizes or portions



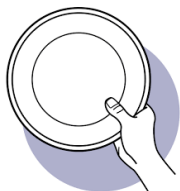
to curb late night snacking, start going to bed earlier



get an exercise buddy to help keep you accountable



try to avoid buying trigger foods



use smaller plates for meals to reduce overeating



keep your mouth satisfied and make it inconvenient to mindlessly snack by keeping mints or hard candy at your desk/in your car, etc.



don't starve yourself or severely calorie restrict.



don't let the scale dictate. this is about your health, not the number!








Physical Activity

Exercise

Goal: 150-300 minutes per week

Cardio/Aerobic




-  Walking
-  Running
-  Elliptical
-  Swimming
-  Rowing
-  Stairmaster
-  Plyometrics

Aim for ~3-7 x/week

Strength/Functional



- Weight-Lifting 
- Weight Machines 
- Pilates (mat) 
- Pilates (reformer) 
- Yoga 
- Barre 
- Chair Exercises 

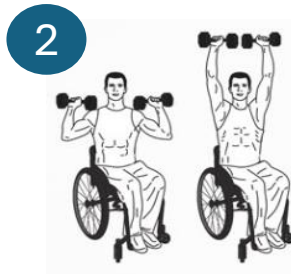
Aim for at least 2x/week

Physical Activity

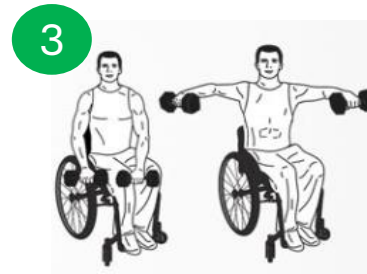
Low-Impact Seated Exercise Options



10 bicep curls



10 shoulder presses



10 lateral raises

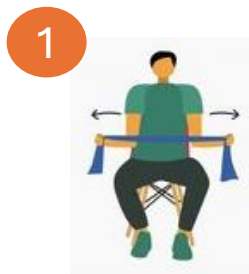
Rest for 60-90 seconds.



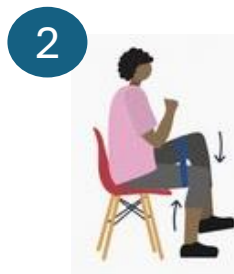
10 alternating punches



10 overhead punches



10 shoulder rotations

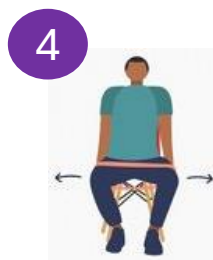


10 marches in place



10 sit to stand

Rest for 60-90 seconds.



10 external rotations



10 bicep curls

Physical Activity

Non-Exercise Activity Thermogenesis (NEAT)

7 Ways to Increase Non-Exercise Activity:

1 Take the stairs at all opportunities



2 Choose the furthest bathroom in the office



3 Utilize an under-desk treadmill or seated foot pedals



4 Wear ankle and wrist weights while doing household chores or walking



5 Track your step count with a goal to achieve at least 10,000 per day



6 Set an alarm to ensure you're standing/moving at least once/hour



7 Park further away in the parking lot



Medications

Wegovy/Ozempic (semaglutide)

GLP-1 Receptor Agonists

Stomach



↓ gastric emptying

Brain



↓ appetite
↑ satiety signaling
↑ brain satisfaction

Pancreas



↓ glucagon secretion
↑ insulin release

White adipose tissue



↑ lipolysis

Zepbound/Mounjaro (tirzepatide)

GLP-1 RA + GIP Receptor Agonists

Stomach



↓ gastric emptying

Brain



↓ appetite
↑ satiety signaling
↑ brain satisfaction

Enhanced by GIP

Pancreas



↓ glucagon secretion
↑ insulin release

White adipose tissue



↑ lipolysis
↑ insulin sensitivity
↓ lipid spillover
↑ improves lipid metabolism

Medications

Additional Potential Benefits



Reduced Cravings



Decreased Alcohol Intake



Reduced Food Noise



Improved Heart Health



Improved Sleep Quality



Decreased Inflammation



Reduced Blood Pressure



Improved Lipid Metabolism

Medications

Side Effects

Nausea

small, frequent meals (↑ protein/fiber)
↑ water intake (64 oz)
avoid fried, fatty foods
Zofran as needed

Constipation

fiber at every meal
↑ water intake (64 oz)
daily probiotic
Miralax daily as needed

Acid Reflux/Heart Burn

avoid eating 2-3 hours before bed
↓ triggering foods (i.e., spicy, red sauce, etc.)
Pepcid or Prilosec as needed
eat slowly

Fatigue/Headaches

avoid skipping meals
↑ protein and fiber
↓ carbohydrates
↑ water intake (64 oz)
take injection at different time of day

less common: vomiting, diarrhea

rare: pancreatitis, gallbladder issues, ileus

Medications

Interactions/Contraindications

Medication Interactions:

Oral Birth Control

Zepbound can make **oral birth control** less effective, so it is important to utilize a second form of birth control for **at least 4 weeks** after starting Zepbound **and** after increasing the dose

Increased Monitoring Recommended:

Warfarin (Coumadin), Tacrolimus, Levothyroxine, Lithium, Phenytoin (Dilantin), Digoxin

Contraindications:

Personal history of **pancreatitis**

Personal **or** family history of **medullary thyroid cancer**

Personal **or** family history of **multiple endocrine neoplasia type 2 (MEN2)**

Pregnant or breastfeeding

Increased Monitoring Recommended:

Gastrointestinal disorders that impact intestinal motility
(gastroparesis, Hirschsprung's disease, frequent bowel obstructions)

Diabetic retinopathy

Medications

Important Things To Remember

1 Medication needs to be **refrigerated** at all times

- * Can be room temperature for up to **21 days**
- * Must avoid high temperatures (86 degrees and above)

2 Medication is dosed as **once/week**

- * If you forget a dose, just do your injection as soon as you remember
- * e.g., if you take your injections on Mondays and you realize on Tuesday you forgot to take it, it's okay to take it on Tuesday

3 When **traveling** through an airport,

- * You will want to keep it **on you (in your personal purse or backpack)**
 - * **Do not** put it in checked luggage
 - * Can travel with **frozen** ice pack

4 If you are going to be having any procedure requiring **anesthesia**,

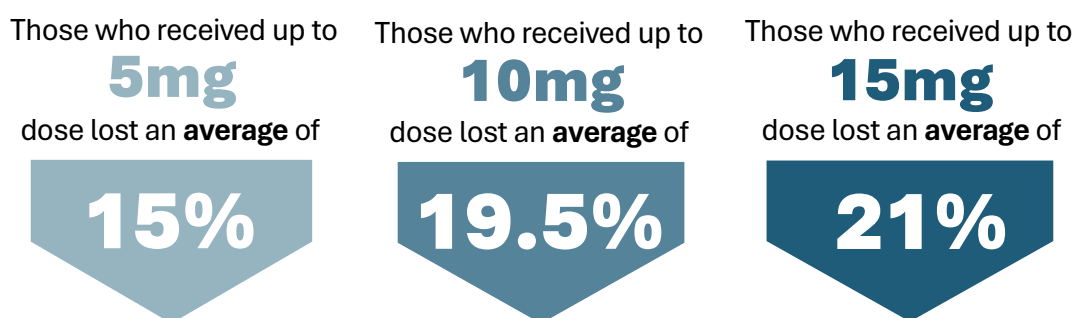
- * Stop the medication **at least** one week before (or per your doctor's instructions)

Medications

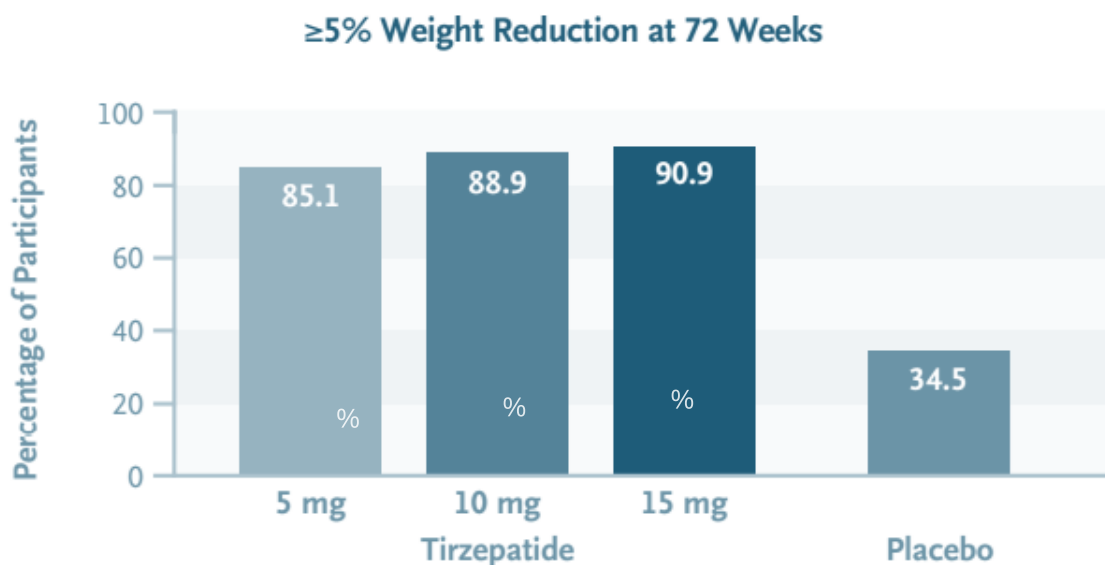
Effectiveness of Zepbound

The **SURMOUNT-1** ^[1] trial studied 2,539 adults with a BMI of 30 or higher, or 27 or higher with at least one weight-related complication and assigned them to either receive once-weekly subcutaneous tirzepatide at one of three doses (5 mg, 10 mg, or 15 mg) or to receive a placebo, in addition to lifestyle intervention for a 72-week trial period.

At the end of the 72 weeks:



Additionally, the percentage of individuals who received either the 5mg, 10mg, or 15mg of Zepbound who saw **at least a 5% reduction in weight** are as follows:



1. <https://www.nejm.org/doi/full/10.1056/NEJMoa2206038>

Medications

Effectiveness of Wegovy

In a 68-week medical study of 1,961 adults living with obesity or excess weight with medical comorbidities, those receiving **Wegovy 2.4mg**^[1]:

Patients lost an **average** of

15%

of their weight, or

35 LBS.

~1 out of 3 patients lost

~20%

of their weight, or

46 LBS.

83% of adults receiving Wegovy 2.4mg lost **5%** or more

66% of adults receiving Wegovy 2.4mg lost **10%** or more

48% of adults receiving Wegovy 2.4mg lost **15%** or more

Labs

Lab Test	Without insurance/ if insurance doesn't cover	PWL Pricing Through Membership
CMP (kidney/liver panel)	\$97	\$8
CBC (complete blood count)	\$37	\$8
Hemoglobin A1C	\$82	\$8
Insulin Level	\$32	\$12
Lipid panel (cholesterol)	\$163	\$7
TSH + T4 (thyroid panel)	\$144	\$15
Vitamin B12	\$132	\$10
Vitamin D	\$266	\$25
Lab Draw Fee (through Quest)	\$12	\$12
	\$965	\$105

Extra Lab Options

Lab Test	Without insurance/ if insurance doesn't cover	PWL Pricing Through Membership
Testosterone	\$190	\$75

Morpheus8 Pricing/Packages

Non-Surgical Skin Tightening/Resurfacing

Morpheus8 Pricing

Area	One Session	Three Sessions	Savings from 3-Pack	SELECT	PREMIER
Face Only	\$1,050	\$2,835 (\$945/session)	\$315	20% Discount	25% Discount
Face and Neck	\$1,150	\$3,105 (\$1,035/session)	\$345	20% Discount	25% Discount
Large Body Area (8x11)	\$1,750	\$4,725 (\$1,575/session)	\$525	20% Discount	25% Discount
Small Body Area (4x10)	\$1,450	\$3,915 (\$1,305/session)	\$435	20% Discount	25% Discount
Resurfacing (Face)	\$800	\$2,160 (\$720/session)	\$240	20% Discount	25% Discount
Resurfacing (Face and Neck)	\$900	\$2,430 (\$810/session)	\$270	20% Discount	25% Discount
Excessive Sweating	\$1,000	\$2,700 (\$900/session)	\$300	20% Discount	25% Discount
Two Areas	\$2,150	\$5,805 (\$968/session)	\$645	20% Discount	25% Discount
Three Areas	\$2,800	\$7,560 (\$840/session)	\$840	20% Discount	25% Discount
Four Areas	\$3,450	\$9,315 (\$777/session)	\$1,035	20% Discount	25% Discount
Five Areas	\$4,000	\$10,800 (\$720/session)	\$1,200	20% Discount	25% Discount

Tone Pricing/Packages

Non-Invasive Body Contouring

Tone Pricing					
Package	Price of Package	Price Per Session	Package Savings	SELECT	PREMIER
Tone Session (1)	\$500	\$500	\$0	25% Discount	35% Discount
Tone Package (3)	\$1,000	\$333	\$500	25% Discount	35% Discount
Tone Package (6)	\$1,500	\$250	\$1,500	25% Discount	35% Discount
Tone Package (12)	\$2,250	\$188	\$3,750	25% Discount	35% Discount
Tone Package (20)	\$3,250	\$163	\$6,750	25% Discount	35% Discount

Tone Pricing (Loyalty Prices Listed)					
Package	Price of Package	Price Per Session	Package Savings	SELECT	PREMIER
Tone Session (1)	\$500	\$500	\$0	\$375	\$325
Tone Package (3)	\$1,000	\$333	\$500	\$750 (\$250)	\$650 (\$217)
Tone Package (6)	\$1,500	\$250	\$1,500	\$1,125 (\$188)	\$975 (\$163)
Tone Package (12)	\$2,250	\$188	\$3,750	\$1,688 (\$141)	\$1,463 (\$122)
Tone Package (20)	\$3,250	\$163	\$6,750	\$2,348 (\$122)	\$2,113 (\$106)

Membership Tiers

Features	BASIC	SILVER	GOLD	DIAMOND
Cost	\$75/Month or \$750 Upfront	\$200/Month or \$2,000 Upfront	\$500/Month or \$5,000 Upfront	\$1,000/Month or \$10K Upfront
Appts W/ Provider	Unlimited	Unlimited	Unlimited	Unlimited
InBody Access	Unlimited	Unlimited	Unlimited	Unlimited
Prescription Delivery	No	No	Yes	Yes
Dietician Sessions	Webinar Access	4 Annually (\$400 Value)	12 Annually (\$1,200 Value)	12 Annually (\$1,200 Value)
Health Coaching	\$100/hour	4 Annually (\$400 Value)	Unlimited (\$1,200 Value)	Unlimited (\$1,200 Value)
GLP-1 Discount ¹	No	\$25 Off/Month (\$300 Value) ¹	\$50 Off/Month (\$600 Value) ¹	\$75 Off/Month (\$900 Value) ¹
Discount	Member Pricing	20% Off Botox (\$550 Value)	25% Off Botox (\$685 Value)	35% Off Botox (\$950 Value)
Skin Tightening (Morpheus)	Member Pricing	20% Discount (\$1,375 Value)	40% Discount (\$2,800 Value)	9 Session/Year (\$10,500 Value)
Muscle Building (Tone)	Member Pricing	30% Discount (\$1,080 Value)	10 Tone Sessions (\$2,400 Value)	25 Tone Sessions (\$6,000 Value)
Botox Perk (Bring a Friend)	No	Reciprocal Price, 1 Friend (\$550 Value)	Reciprocal Price, 1 Friend (\$685 Value)	Reciprocal Price, 2 Friends (\$1,900 Value)
Required Commitment	No	Six Months	Six Months	Twelve Months
Total Membership Value	N/A	~\$4,650 (Annual Perks)	~\$9,570 (Annual Perks)	~\$22,000 (Annual Perks)

¹ GLP-1 Discounts will only occur on internally dispensed GLP-1 medications, as we cannot influence pricing for externally dispensed medications