

INCLUDES:

	VitalLAUNCH <i>Express</i>	VitalLAUNCH	VitalLAUNCH Individual	VitalCOACH Premium	VitalCOACH Standard	VitalCOACH Maintenance
VitalSigns biometrics, HRA score and report - initial Biometric screening with VitalSigns Score includes blood pressure, resting heart rate, BMI, body fat % waist/hip ratio, lipid profile, BMP, hepatic function, GGT, & insulin		✓	✓	✓	✓	✓
Body composition evaluation beginning and ending	✓					
10-week, 30-session program		✓				
10-week, 10-session program	✓		✓			
Month-to-month program				✓	✓	✓
Curriculum workbook	✓	✓	✓			
Self-study guide				✓	✓	
Nutrition guide		✓	✓			
Group facilitator	✓	✓				
Initial face-to-face meeting with health coach			✓	✓	✓	✓
Weekly health coaching by phone			✓	✓		
Mobile engagement app - connected to personal health coach			✓	✓	✓	✓
VitalSigns nutrition & exercise video content subscription	✓	✓	✓	✓	✓	
Gym membership		✓				
VitalMeals subscription			✓	✓	✓	✓
Small-group training		✓				
VitalSigns biometrics, HRA score and report - follow up		✓	✓			
Program cost	\$249	\$499	\$688			
Start-up cost (includes biometrics and face-to-face meeting)				\$130	\$130	\$130
Monthly cost				\$180	\$60	\$30

Menu of Services (available at additional cost): Biometric Screening - \$80; Medical Nutrition Management: initial meeting - \$160, each follow-up - \$100; Gym Membership - \$25 monthly; Group Training (includes gym membership): unlimited classes - \$150 monthly, 10 classes monthly - \$99; Personal Training - 30/60 minutes \$40/\$60; On-line Video Subscription - \$30 monthly; Self Study Guide - \$15; Nutritional Guide - \$15; VitalMeals - \$10 monthly