

## Video Visits and Telephone Visits

### Initial Consultation

Required one-on-one discussion with a Personal Health Coach to review your health and wellness goals as well as discuss your readiness to make lifestyle changes. The visit includes an overview of the services offered and the opportunity to ask questions. This fee will be applied to the total amount for any service purchased.

**\$20 – members**

**\$35 – non-members**

### Self-Care Package

#### Fitness and Nutrition Coaching

For people who want to focus on nourishing their body, learning a healthy body image and adopting joy of movement. (5 hours)

- Nutrition Assessment
- Fitness Assessment
- Six 30-min visits of customized follow up support of fitness and / or nutrition (3 hours)

**\$325 – members**

**\$500 – non-members**

### Fine Tuning

#### Fitness and Nutrition Coaching

For people who want to explore new eating and exercise habits. (6 hours)

- Fitness Inventory & Assessment
- Fitness follow up support: Four 30-min visits
- Nutrition Questionnaire & Assessment
- Kitchen Makeover
- Nutrition follow up support: Two 30-min visits

**\$390 – members**

**\$600 – non-members**

### Fine Tuning

#### Nutrition Coaching

For people who want to explore new eating habits. (3 hours)

- Nutrition Questionnaire & Assessment
- Kitchen Makeover
- Nutrition follow up support: Two 30-min visits

**\$195 – members**

**\$300 – non-members**

### Fine Tuning

#### Fitness Coaching

For people who want to explore new exercise habits. (3 hours)

- Fitness Inventory & Assessment
- Fitness Planning
- Fitness follow up support: Four 30-min visits

**\$195 – members**

**\$300 – non-members**

#### Personal Health Coach Program

This program is offered at Kaiser Permanente only in the San Francisco Medical Center's Health Education Department. We provide one on one consultation to help optimize your health and wellness goals through nutrition and fitness coaching. 415-833-7800 health.coach@kp.org

#### Fitness Health Coach

*Aleah Mainzer, MPT, CPT*  
Licensed Physical Therapist  
Certified Personal Trainer  
Certified Pilates Instructor  
kp.org/mydoctor/aleahmainzer

#### Nutrition Health Coach

*Heather D'Eliso Gordon, RD, CSSD*  
Registered Dietitian  
Certified Specialist in Sports Dietetics  
Certified in Plant Based Nutrition  
kp.org/mydoctor/heathergordon

**Get Fueled!**

Sports Nutrition Coaching

For people who want to learn how to optimize their exercise performance and recovery. Fueling strategies for training and optimizing body weight. Coaching provided by a certified specialist in sports dietetics (CSSD). (4 hours)

- Food journal analysis
- Nutrition assessment
- Energy and macronutrient recommendations
- Two 30 min visits of follow up support

**\$260 – members**

**\$400 – non-members**

**Plant Strong**

Nutrition Coaching

For people who want to move towards a plant-forward diet and learn how to nourish their body with whole foods. We will provide nutrition coaching and make meal planning adjustments as necessary. (3 hours)

(3 hours)

- Nutrition assessment
- Four 30 min visits of follow up support

**\$195 – members**

**\$300 – non-members**

**Pilates Introduction**

Fitness Coaching

For people who want to focus on core strength and possibly transition to a Pilates group class setting. Coaching provided by a certified Pilates physical therapist. Excellent for post-partum diastasis recti injury (abdominal muscle weakness).

(6 hours)

- Fitness testing
- Fitness progression (5x)

**\$390 – members**

**\$600 – non-members**

**Follow Up Support**

We offer follow up support for any of our services in addition to what is already included in the description. Our goal is to support you from start to finish, so we recommend that you consider how much support you are likely to need at this time.

- **1 hour - \$75 / \$115**
- **3 hours - \$225 / \$345**
- **6 hours - \$420 / \$645**
- **12 hours - \$780 / \$1200**

Additional Resources:

**Websites:**

[kp.org/sanfrancisco/healtheducation/about.kaiserpermanente.org/total-health](http://kp.org/sanfrancisco/healtheducation/about.kaiserpermanente.org/total-health)

**Books:**

*How Not to Die*  
Michael Greger, MD

*The Forks Over Knives Plan: A 4-Week Meal-by-Meal Makeover*  
Alona Pulde, MD & Matthew Lederman, MD

*The New Rules of Lifting: Supercharged*  
Lou Schuler & Alwyn Cosgrove

*The Power of Habit: Why We Do What We Do in Life & Business*  
Charles Duhigg

*The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It*  
Kelly McGonigal, Ph.D.

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under your health plan benefits. If you are a Kaiser Permanente member, please check your *Evidence of Coverage* for specific covered health plan benefit information.