



TELEHEALTH - TELENUTRITION

The Therapeutic Lifestyle Center is happy to announce our program is now offering virtual visits, so we can still see our patients, face-to-face!



Take advantage of the conveniences telehealth can provide:

- Less time off work for appointment
- No child care during appointment
- No time spent in waiting rooms
- No travel, especially during inclement weather
- Ultimately saving valuable time and money!



Appointments and Pricing

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| Therapeutic Lifestyle Initial visit: | \$90 |
| Therapeutic Lifestyle Follow-ups: | \$40 |

*Coaching sessions are conducted with a registered dietitian nutritionist, a Ph.D. registered nurse, or a certified nutrition coach. People that choose to do the TLC program through virtual visits will be responsible for getting their own supplies to successfully do the program. That includes urine ketone strips, a scale to weigh on, and a blood pressure monitor. Talk with the health coach about how you can still receive products and/or supplements.

There is some science behind using telehealth services! A study found that using a telehealth platform offering one-on-one coaching lead to significant reductions in weight and body mass. Additionally, our program will provide an insurance claim that you can mail in for reimbursement.