







Virtual Services

VIRTUAL MEDICAL CARE				
	Functional Medicine <i>(also offered on-site)</i>	Initial / Extended / Follow-up	75 / 60 / 45	Insurance*
	Headache Medicine <i>(adult / pediatric) (also offered on-site)</i>	Initial / Extended / Follow-up	75 / 60 / 45	Insurance*
	Neurology <i>(adult / pediatric) (also offered on-site)</i>	Initial / Extended / Follow-up	75 / 60 / 45	Insurance*
	Physical Medicine and Rehabilitation <i>(also offered on-site)</i>	Initial / Extended / Follow-up	75 / 60 / 45	Insurance*
	Primary Care <i>(also offered on-site)</i>	Follow-up or Acute Care	30 Minutes	Insurance*
	Psychiatry and Psychotherapy	Initial / Extended / Follow-up	75 / 60 / 30	Insurance*

 *Medical Advantage members, Total Advantage members, and Program participants only.*

* We accept many insurance plans and Medicare for most medical visits. Inquire about our self-pay schedule if we do not accept your plan. Specialty labs not covered by insurance may be recommended and range from \$100 to \$1,500.

VIRTUAL COACHING & COUNSELING				
COUNSELING AND STRESS MANAGEMENT			Duration	Price
	Individual and Family Therapy		55 Minutes	\$ 180
			30 Minutes	\$ 100
	Stress Management Consult with Dr. Nigel Lester		60 Minutes	\$ 250
	Restorative Sleep Consult with Dr. Maryam Naemi <i>(also offered on-site)</i>		60 Minutes	\$ 130
NEUROFEEDBACK			Duration	Price
	Neurofeedback	Training Session <i>(also offered on-site)</i>	30 Minutes	\$ 88
		Pack of Remote Training Sessions	Monthly	Price variable
WELL-BEING AND HEALTH COACHING			Duration	Price
	Art for Well-Being	Private 1:1	55 Minutes	\$ 120
Cp	Cardiac Coherence		45 Minutes	\$ 89
	Functional Wellness Consult with Sarah Bird, DNP		60 Minutes	\$ 150
Cp			30 Minutes	\$ 89
	<i>Know Yourself Workshop</i>		3 Sessions	\$ 120
	Meditation	Private 1:1	45 Minutes	\$ 55
	Mind-Body Movement (Neuroplasticity and Body Awakening)	Private 1:1	45 Minutes	\$ 55
Cp	Health Coaching	Initial or Follow-up	50 Minutes	\$ 89
		6-Pack	15 Minutes	\$ 180
		12-Pack	15 Minutes	\$ 325
		6-Pack	30 Minutes	\$ 330
		12-Pack	30 Minutes	\$ 595
Cp	TCI Personality Assessment and Interpretation		60 Minutes	\$ 145
Cp	Well-Being and Stress Assessment		50 Minutes	\$ 89
Cp	Well-Being Coaching	Initial or Follow-up	50 Minutes	\$ 89
		Follow-up	85 Minutes	\$ 128
		12-Pack	85 Minutes	\$ 1,450







VIRTUAL FITNESS & NUTRITION

FITNESS		Duration	Price	
Cp	Personal Training	Private 1:1	55 Minutes	\$ 89
		Duo	55 Minutes	\$64/person
	30-Minute Personal Training Boost	Private 1:1	30 Minutes	\$ 55
		Duo	30 Minutes	\$40/person
Cp	Personalized Exercise Plan		60 Minutes	\$ 89
Cp	Pilates Mat	Private 1:1	60 Minutes	\$ 89
		Private 1:1	30 Minutes	\$ 55
		Duo	60 Minutes	\$64/person
Cp	Flow	Private 1:1	60 Minutes	\$ 89
		Private 1:1	30 Minutes	\$ 55
		Duo	60 Minutes	\$64/person
Cp	Full Body Sculpt	Private 1:1	60 Minutes	\$ 89
		Private 1:1	30 Minutes	\$ 55
		Duo	60 Minutes	\$64/person
Cp	ELDOA	Private 1:1	60 Minutes	\$ 89
		Private 1:1	30 Minutes	\$ 55
		Duo	60 Minutes	\$64/person
Cp	Active Stretching	Private 1:1	60 Minutes	\$ 89
		Private 1:1	30 Minutes	\$ 55
		Duo	60 Minutes	\$64/person
INJURY PREVENTION AND REHAB		Duration	Price	
	SomaTraining		30 Minutes	\$ 88
			45 Minutes	\$ 126
			60 Minutes	\$ 165
			80 Minutes	\$ 175
NUTRITION CONSULTS		Duration	Price	
Cp	Assessment – Functional Nutrition		60 Minutes	\$ 145
Cp	Nutritional Counseling		60 Minutes	\$ 89
			30 Minutes	\$ 55
Cp	Nutrition Supplement Consult		45 Minutes	\$ 89
Cp	Personalized Meal Plan and Review		30 Minutes	\$ 89

VIRTUAL WELLNESS THERAPIES

CHIROPRACTIC CARE		Duration	Price	
	One-on-One Chiropractic Training <i>(also offered on-site)</i>		55 Minutes	\$ 150
IV NUTRITION		Duration	Price	
Cp	IV Infusion Consult <i>(also offered on-site)</i>		45 Minutes	\$ 89

On-Site Services

ON-SITE MEDICAL CARE				
	Functional Medicine <i>(also offered virtually)</i>	Initial / Extended / Follow-up	75 / 60 / 45	Insurance*
	Headache Medicine <i>(adult / pediatric) (also offered virtually)</i>	Initial / Extended / Follow-up	75 / 60 / 45	Insurance*
	Neurology <i>(adult / pediatric) (also offered virtually)</i>	Initial / Extended / Follow-up	75 / 60 / 45	Insurance*
	Physical Medicine and Rehabilitation <i>(also offered virtually)</i>	Initial / Extended / Follow-up	75 / 60 / 45	Insurance*
	Primary Care	Annual Preventive Screen	60 Minutes	Insurance*
		Follow-up or Acute Care <i>(also offered virtually)</i>	30 Minutes	Insurance*




 *Medical Advantage members, Total Advantage members, and Program participants only. For select patients only.*

* We accept many insurance plans and Medicare for most medical visits. Inquire about our self-pay schedule if we do not accept your plan. Specialty labs not covered by insurance may be recommended and range from \$100 to \$1,500.

On-site Medical Care services are for select patients only. All patients with cold and flu-like symptoms will be managed virtually.

ON-SITE COACHING & COUNSELING				
COUNSELING AND STRESS MANAGEMENT			Duration	Price
	Restorative Sleep Consult with Dr. Maryam Naemi <i>(also offered virtually)</i>		60 Minutes	\$ 130
NEUROFEEDBACK			Duration	Price
	Neurofeedback	Initial with qEEG	90 Minutes	\$ 795
		qEEG Review Session	30 Minutes	<i>No additional cost</i>
		Training Session <i>(also offered virtually)</i>	30 Minutes	\$ 88
		10-Pack of Training Sessions	30 Minutes	\$ 798

ON-SITE FITNESS & NUTRITION				
INJURY PREVENTION AND REHAB			Duration	Price
	Kinesio Tape Application		15 Minutes	\$ 55
	Kinesio Tape Application Add-On		<i>No additional time required</i>	\$ 26
	Comprehensive Spine Assessment Package		3 Visits	\$ 1,095

ON-SITE WELLNESS THERAPIES				
ACUPUNCTURE AND ACUPRESSURE			Duration	Price
	Acupuncture and Acupressure	Initial	75 Minutes	\$ 195
		Follow-up	45 Minutes	\$ 89
	Assessment – AcuGraph		15 Minutes	\$ 45
	Cupping		45 Minutes	\$ 74
BIOFEEDBACK REBALANCE			Duration	Price
	Biofeedback Rebalance		60 Minutes	\$ 89
BIOMAT			Duration	Price
	BioMat Session		30 Minutes	\$ 40

ON-SITE WELLNESS THERAPIES (CONT.)

CELL RECHARGE		Duration	Price	
	Cell Recharge Session (Pulsed Electromagnetic Therapy)	30 Minutes	\$ 40	
CHELATION		Duration	Price	
	Chelation for Heart Health	3-4 Hours	\$ 164	
	Chelation for Heavy Metals	90 Minutes	\$ 164	
CHIROPRACTIC CARE		Duration	Price	
	Chiropractic Care	Initial	75 Minutes	\$ 195
		Follow-up	45 Minutes	\$ 135
Cp		Follow-up	30 Minutes	\$ 89
	One-on-One Chiropractic Training <i>(also offered virtually)</i>		55 Minutes	\$ 150
CRYOTHERAPY		Duration	Price	
	Cryotherapy		15 Minutes	\$ 40
		4-Pack	15 Minutes	\$ 120
		12-Pack	15 Minutes	\$ 300
		1 Month Unlimited	15 Minutes	\$ 190
IV NUTRITION		Duration	Price	
Cp	IV Infusion Consult <i>(also offered virtually)</i>		45 Minutes	\$ 89
	Intravenous Nutrition		90 Minutes	\$ 164
		10-Pack	90 Minutes	\$ 1,478
		20-Pack	90 Minutes	\$ 2,628
LOW LEVEL LASER THERAPY		Duration	Price	
Cp	Low Level Laser Therapy Initial Consult		45 Minutes	\$ 64
	Low Level Laser Therapy		45 Minutes	\$ 70
Cp			60 Minutes	\$ 89
			75 Minutes	\$ 110
		5-Pack	45 Minutes	\$ 326
		10-Pack	45 Minutes	\$ 620
		5-Pack	60 Minutes	\$ 412
		10-Pack	60 Minutes	\$ 800
		5-Pack	75 Minutes	\$ 512
		10-Pack	75 Minutes	\$ 990
NAET®		Duration	Price	
	NAET®		30 Minutes	\$ 146
		5-Pack	30 Minutes	\$ 692
		10-Pack	30 Minutes	\$ 1,308
SALT ROOM (HALOTHERAPY)		Duration	Price	
	Salt Room (Halotherapy) <i>(by appointment only)</i>		30 Minutes	\$ 35 [†]
		4-Pack <i>(by appointment only)</i>	30 Minutes	\$ 120 [†]

[†] Free for Lifestyle Advantage and Total Advantage members.

CP CHOICE PACKS

SERVICES INCLUDED	Duration	Price
<p>CP Services marked with CP are included in the Choice Pack. Select and customize a Pack of 8, 12, 24, or 48 services of your choice. Choice Packs are nonrefundable, expire after one year, and are valid only with an active membership.</p> <ul style="list-style-type: none"> • Cardiac Coherence (45 Min) • Functional Wellness Consult with Sarah Bird, DNP (30 Min) • Well-Being and Stress Assessment (50 Min) • Well-Being Coaching Initial or Follow-up Visit (50 Min) • TCI Personality Assessment and Interpretation (60 Min) • Health Coaching Initial or Follow-up Visit (50 Min) • Personal Training Private 1:1 (55 Min) • Personalized Exercise Plan (60 Min) • Flow Private 1:1 (60 Min) • Pilates Mat Private 1:1 (60 Min) • Full Body Sculpt Private 1:1 (60 Min) • ELDOA Private 1:1 (60 Min) • Active Stretching Private 1:1 (60 Min) • Assessment – Functional Nutrition (60 Min) • Nutritional Counseling (60 Min) • Nutrition Supplement Consult (45 Min) • Personalized Meal Plan and Review (30 Min) • Acupuncture and Acupressure Follow-up Visit (45 Min) • Cupping (45 Min) • Biofeedback Rebalance (60 Min) • Chiropractic Care Follow-up Visit (30 Min) • IV Infusion Consult (45 Min) • Low Level Laser Therapy Initial Consult (45 Min) • Low Level Laser Therapy (60 Min) 	8 Services	\$ 695
	12 Services	\$ 1,018
	24 Services	\$ 1,976
	48 Services	\$ 3,765

VIRTUAL PACKAGES & PROGRAMS

PACKAGES	Member Special Price	Non-Member Price
Resilience Package	\$ 585 now through April 30 (value \$780)	\$ 780
Well-Being Tool Kit	\$ 199 now through April 30 (value \$255)	\$ 255
PROGRAMS	Member Special Price	Non-Member Price
1-Week Stress Management Program	\$ 990 now through April 30 (value \$1,440)	\$ 1,040
2-Week Stress Management Program	\$ 1,499 now through April 30 (value \$2,215)	\$ 1,599
4-Week Stress Management Program	\$ 2,800 now through April 30 (value \$3,990)	\$ 3,000

Temporary Operating Hours

Our operating hours are Monday to Friday 8am–6pm. On Saturday and Sunday we are closed. Please place all café orders by 5:30pm.

Services

We encourage members to move to 100% virtual services during this time. Virtual services can be booked with our reception team, and select virtual services can be booked on our PALM Health app. For assistance booking virtual services, please visit palmhealth.com/how-to-book-virtual-services.

On-site services should be reserved for medical necessity and those in a treatment program. On-site services are subject to change or be suspended. Members visiting for on-site services will be COVID-19 screened by phone prior to their appointment.

Policies

Please arrive 15 minutes prior to your appointment. To foster a stress-free environment, we do not accept tips or gratuities for any services. Review the rest of our policies online at palmhealth.com/policies.

Cancellations or Missed Appointments

Please provide at least 24 hours notice of cancellation prior to the appointment time. Any missed appointments or cancellations with less than 24 hours of notice are subject to a fee equal to: 100% of the reserved service amount or loss of service from a package, or \$100 for medical and mental health visits. There is no charge for cancellations due to cold or flu symptoms or COVID-19 exposure.