



Nutrition Harmony

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## Self-Pay Rates and "No Surprises" Act

### RATES FOR SELF-PAY SERVICES:

**Virtual Nutrition consult:** 60 min: \$150.00; 45 min: \$112.50

**Virtual Follow-up visit:** 30 min: \$70.00; 15 min: \$35.00

\*Packages may be purchased to reduce cost of bundled services

\*Number of appointments needed is dependent on your goals and needs.

**Virtual Menu Planning Class:** 90 min: \$225.00; 60 min: \$150.00

**Virtual Healthy Pantry Makeover:** 90 min: \$225.00; 60 min: \$150.00

**Grocery Store Tour:** 90 min private session: \$175.00; couples: \$225.00

**Customized Individualized Meal Plan:** \$50 per wk; \$150 per month

**Family Meal Plans (3-4 family members):** \$100 per wk; \$350/month

**Standard Healthy Meal Plans (Wellness & Condition-Specific):**

\$10 per wk; \$35/month

### "NO SURPRISES" ACT:

The "No Surprises" Act went into effect 01/01/2022 and applies to private self-pay (out-of-pocket) clients who are not using insurance to cover services. It is designed to protect from surprise bills for emergency services at out-of-network facilities, or for out-of-network providers at in-network facilities, holding them liable only for in-network cost-sharing amounts. The No Surprises Act also enables uninsured patients to receive a good faith estimate of expected charges.

For more info about your rights to a Good Faith Estimate, visit

<https://www.cms.gov/nosurprises>