

CURRENT SELF-PAY RATE SHEET (2025)

FOR OUT-OF-NETWORK or SELF-PAY CLEINTS

Self-Pay rates/ out-of-network/ NO insurance involvement:

All appointments are 60 to 75 minutes long.

1. Pay-as-you go (per visit): = \$145 (due after every visit)
2. Package rates: (used within the next 4 months from the first visit; bundled visit payment is due right after your FIRST visit):

3-visit package- \$399 ← BEST VALUE for 3 visits (\$133 each)

OR

4-visit package - \$499 ← BEST VALUE for 4 visits (around \$124 each)

“Add-ons 2 visits” after any bundled option- \$198 (\$99 each)

You may pay us using HSA/FSA cards also. Invoice will be provided.

PAYMENT: A valid credit/debit card on file is required and will be charged for self-pay fees, amounts insurance tells us are your responsibility after claims processing, and in case of late cancel or no show. You may also keep a HSA/FSA card on file for eligible transactions. If your insurance does not cover your visit(s) for any reason, you are responsible for the full amount billed.

Can you still get reimbursed for out-of-network (OON) care? Yes!

Many patients think that because a provider is listed as OON, they have to pay 100% of the cost themselves. But that's not true—insurance companies just want you to believe it is. Many insurers agree to cover 50 to 80% of the cost of out-of-network services like nutrition counseling