






Confident Wellness Member Programs and Services

*Make the **Best Choice the First Time** to Master Your **Physical, Mental, and Emotional Wellness!***

Gain full access to all Confident Wellness Programs with your Confident Membership, embarking on a holistic health journey tailored just for you! Perfect for both individuals (**\$135/month***) and families (**\$225/month***), your membership provides the keys to Mastering Your Wellness including free monthly **Health Strategy Consultations**, discounted **Holistic Health Evaluations (HEF)**, direct doctor access via text or email, personalized supplements via FullScript, and much more!

<u>Program</u>	<u>Key Components</u>	<u>3 Installments</u>	<u>Pay in Full</u>
	Trusted Advisor Never journey alone with our advanced, personalized guidance every step of your wellness path!	<i>Included in your membership!</i>	<i>Included in your membership!</i>
	Basic Discovery Unlock your unique health blueprint using Blood Type insights and Epigenetic adaptations tailored for you.	\$365	\$995
	Premium Discovery Comprehensive wellness plan using Blood Type insights, Epigenetic adaptations, and deep Genetic optimizations.	\$735	\$1995
	Early Discovery Create lifelong wellness using Blood Type insights, deep Genetic optimizations, and a Strategic Parenting Guide.	\$475	\$1295
	Vitality Recharge Reveal, detox, and rebalance using Dry Blood Analysis, Holistic Remedies, and a tailored path to rejuvenation.	\$255	\$695
	Action Planning Obtain mental clarity on prioritizing Core Values, Motivations, Passions, and Goals.	\$255	\$695
	Relationship Building Optimize Communication, enhance Self-Awareness, foster stronger, more Genuine Relationships.	\$255	\$695
	Systems for Success Define your Success, implement effective Daily Habits, gain Sustained Growth and Achievements.	\$255	\$695

**One-time annual payment saves 10%! Additional off-program consultations available any time for \$115 per half hour and \$225 for additional Holistic Health Evaluations (HEF). Cancel your Confident Membership anytime but be aware a three-month waiting period is required before rejoining. To maintain service quality, we reserve the right to limit the number of text messages, emails, and phone calls. We also reserve the right to end your service at any time, without a refund. Please provide 24-hour notice for cancellations or rescheduling to avoid a \$75 fee.*

Trusted Advisor Program

Monthly consultations included in your membership! Discounted HEF at only \$75! (Regularly \$225)

The **Trusted Advisor** program is designed to offer members a personalized, in-depth support system on their wellness journey. Additional benefits include weekly wellness videos, community events, and top-tier personalized supplements via FullScript!

Direct Practitioner Access: Participation ensures you're never alone on your journey to optimum health! You maintain direct access to a skilled practitioner, allowing you to clarify doubts, seek guidance, and gain insights at any point during your wellness journey. This unique feature ensures you're always supported by expertise and experience.



Monthly Health Strategy Consultations: A consistent touchpoint for tracking progress, setting new milestones, and refining your health strategy. **One** free monthly health consultation* is included in your Confident Member Individual plan! These half-hour sessions are dedicated to ensuring that your healthy journey is on track and evolving based on your changing needs and aspirations.

Bonus: Confident Member Family plans receive **two free consultations per month!*

Quarterly Holistic Health Evaluations: Dive deeper into your health profile starting at your very first consultation with comprehensive evaluations every quarter! These reports, added to your free Monthly Health Strategy Consultations, allow for a detailed overview of your holistic health, highlighting areas of progress and pointing out avenues for further improvement. It's a thorough check-up, ensuring all aspects of your well-being are considered.

Members Bundle and Save More!

Ultimate Wellness: Includes Premium Discovery, Vitality Recharge, Action Planning, Relationship Building, and Systems for Success for six installments of \$895 or one-time payment of \$4,995!

Discover Two: Combine any two Confident Wellness programs and save \$150!

Power of Three: Combine any three Confident Wellness programs and save \$225!

Annual Membership: Pay CW yearly Membership in full for a 10% discount off the monthly fee!

Basic Discovery Program (Ages 16 and over)

Three installments of \$365 or one-time payment of \$995

The **Basic Discovery** program for ages 16 and over introduces participants to the foundational elements of their health, combining holistic evaluations, blood type insights, and epigenetic adaptations for a tailored wellness approach.

Blood Type Consultation: Discover the vital role of your blood type in health and nutrition! Utilize the *Blood Type Diet* app to tailor your food choices and optimize your health.

Epigenetics Measurements and Consultation: Dive into the realm of epigenetics and how it affects your health! Receive a personalized eating and moving plan tailored to your epigenetic profile.



Premium Discovery Program (Ages 16 and over)

Three installments of \$735 or one-time payment of \$1995



The **Premium Discovery** program offers participants aged 16 and above a comprehensive view of their health. By intertwining genetic insights with foundational evaluations, the program ensures a deeply personalized health strategy.

Deep Insights from Basic Discovery: All foundational aspects of the Basic Discovery are included, ensuring a solid groundwork for deeper genetic insights.

- Blood type consultation for dietary optimization
- Epigenetics measurements and tailored health adaptations

Genetics Consultation: Gain deep insights into your genetic makeup using a simple cheek swab! (Lab processing may take up to 8 weeks.) Your *Genetics Summary* will spotlight your inherent strengths, challenges, and opportunities!

Momentum II Consultation: Harness all the gathered information to finalize and enhance your personal health strategy! This consultation ties together genetic insights and the foundation laid by Basic Discovery with planning for sustained wellness and vitality.

Testimonial from Nick in Kentucky,

“Dr. Tim is an expert in all things health, fitness, nutrition, and wellness. I’ve been constantly impressed at how cutting edge his services are. He’s always looking for ways to add more value to his clients.”

Early Discovery Program (Ages Newborn to 15) ***Three installments of \$475 or one-time payment of \$1295***

The **Early Discovery** program is specifically tailored for the unique health needs of younger individuals. With genetic insights and expert consultations, it sets the stage for lifelong wellness and provides parents with tools for strategic nurturing!

Blood Type Consultation: Introduce young ones and their caregivers to the significance of blood types in health, paving the way for optimal nutrition and wellness!

Genetics Consultation: Offer insights into your young ones' unique genetic makeup using a simple cheek swab! (Lab processing may take up to 8 weeks.) The *Genetics Summary* paints a picture of their inherent strengths and areas for growth.

Health Strategy Consultation & Strategic Parenting Guide: Guide young individuals and their caregivers in their wellness journey, emphasizing genetic insights. Additionally, parents are empowered with the *Strategic Parenting Guide*, crafted using the *Genetics Summary* and other assessments.

Testimonial from Mom of 5 in Ohio,

"I now connect with my children in ways I never thought possible. Knowing which foods and toxins trigger reactions is priceless. Thank you for giving me my son back!"



Enhancement Programs



🔑 **Vitality Recharge Program:** Empower your wellness journey! Understand potential imbalances affecting your well-being through scientific dry blood test analysis. Receive a tailored plan for detoxification and rejuvenation, ensuring a holistic path to vitality.

🔑 **Action Planning Program:** Dive deep into self-discovery! Learn to identify your core values and passions, prioritize your goals, and celebrate each milestone. With our guided approach, align your life with your true aspirations and witness transformative outcomes.

🔑 **Relationship Building Program:** Master the art of connection! Enhance your self-awareness, clarify aspirations, and sharpen communication. Embrace strategies that lead to genuine relationships and bring clarity to your life's direction.

🔑 **Systems for Success Program:** Craft your personal blueprint for achievement! Define success on your terms, establish daily habits that drive progress, and maintain a holistic well-being focus. It's not just about achieving goals but thriving along the way.

Interested in unlocking more? Reach out and explore how these programs can catalyze your journey to unparalleled wellness and fulfillment. Let's embark on this transformative adventure together! 📞 [Learn more about Confident Wellness Discovery Programs Here](#)