
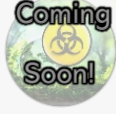


## Confident Wellness Member Programs and Services

*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>
	<b>Trusted Advisor</b> 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>
	<b>Basic Discovery</b> Unlock your unique health blueprint using Blood Type insights and Epigenetic adaptations tailored for you.	<b>\$365</b>	<b>\$995</b>
	<b>Premium Discovery</b> Comprehensive wellness plan using Blood Type insights, Epigenetic adaptations, and deep Genetic optimizations.	<b>\$735</b>	<b>\$1995</b>
	<b>Early Discovery</b> Create lifelong wellness using Blood Type insights, deep Genetic optimizations, and a Strategic Parenting Guide.	<b>\$475</b>	<b>\$1295</b>
	<b>Vitality Recharge</b> Reveal, detox, and rebalance using Dry Blood Analysis, Holistic Remedies, and a tailored path to rejuvenation.	<b>\$255</b>	<b>\$695</b>
	<b>Action Planning</b> Obtain mental clarity on prioritizing Core Values, Motivations, Passions, and Goals.	<b>\$255</b>	<b>\$695</b>
	<b>Relationship Building</b> Optimize Communication, enhance Self-Awareness, foster stronger, more Genuine Relationships.	<b>\$255</b>	<b>\$695</b>
	<b>Systems for Success</b> Define your Success, implement effective Daily Habits, gain Sustained Growth and Achievements.	<b>\$255</b>	<b>\$695</b>

*\*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!

## ***Action Planning Program (Ages 18 and over)***

***Three installments of \$255 or one-time payment of \$695***

The **Action Planning** program provides participants with tools to introspect, strategize, and celebrate their journey, enabling them to lead a life aligned with their core values and passions!



**Clarity on Core Values and Personal Motivation:** Gain a structured approach to identifying and understanding your core values, distilled from admiration of others and reflection on your strengths and areas for improvement. Craft a personal motivational statement that acts as a daily affirmation and guiding principle!

**Understanding and Prioritizing Passions and Goals:** With a focus on identifying the *What, Why, Who,* and *How* of your passions, the program aids you in recognizing the primary motivators behind your choices and actions. This clarity, coupled with the emphasis on goal prioritization, helps to align your daily tasks with overarching life objectives. As a result, you can make decisions in tune with your true desires and aspirations, leading to more fulfilling outcomes!

**Recognition and Celebration of Achievements:** Personal growth journeys can be long and challenging. Learn to emphasize the importance of recognizing milestones, no matter how small, and celebrating them! By doing so, you can maintain motivation, boost self-esteem, and build momentum. The reflection component further ensures that you learn from each step, adapting and growing with every milestone achieved. This process instills a sense of achievement and propels you forward with renewed energy and purpose!

*Testimonial from Brenda in Ohio,*



*"It has explained reasons for so many things I already knew about myself. I have learned how to support my body best. I was wasting money on supplements that were either never going to help me or some that were actually harmful to my system. Discovering what foods are best for me has helped me feel so much better consistently. I think everyone needs to do this, there are things that I can take steps to prevent with the knowledge I now have."*

## ***Relationship Building Program (Ages 18 and over)***

***Three installments of \$255 or one-time payment of \$695***



The **Relationship Building** program equips participants with insights and strategies to enhance self-awareness, clarify personal aspirations, and optimize communication, thereby fostering stronger, more genuine relationships in every facet of their lives!

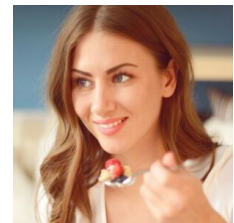
**Understanding Communication Patterns:** Master self-awareness by evaluating your personal communication habits, understanding how you relate with different people in your life, and assessing where improvements are needed. Begin to pinpoint patterns, inconsistencies, and adaptability in your communication.

**Identifying Current Self and Goals:** This section is crucial for self-identification, ensuring that goals and values are aligned with your personal desires and not externally influenced! Recognizing and articulating these helps in fostering genuine relationships and establishing a clear direction in life.

**Strategies for Effective Communication & Goal Planning:** Translate your self-awareness and goals into actionable plans! By diving deep into your identity, setting clear immediate goals, and devising strategies for clear communication, you can ensure you stay true to your intentions and foster more authentic relationships!

*Testimonial from Shelly in Ohio,*

*"It has been such an eye-opening experience learning more about my specific Genotype. I have spent countless years chasing nutrition and health advice (often conflicting) and spending thousands of dollars on supplements trying to follow the latest trends. I now have the resources and tools that are unique to me. That alone has been a stress relief. I love that CW focuses on your entire health. It has been an amazing and life changing program."*





## ***Systems for Success Program (Ages 18 and over)***

***Three installments of \$255 or one-time payment of \$695***

The **Systems for Success** program empowers participants to define success on their terms, implement effective daily habits, and foster holistic well-being, laying a strong foundation for sustained growth and achievement in all areas of life!

**Clear Definition of Success:** Establish a comprehensive understanding of success across different areas of life, including personal, home, tribal (social circle), and professional dimensions. By creating *Success Statements*, you can articulate what success looks like for you, creating a personalized roadmap for achievement that aligns with your core values!



**Optimized Daily Routines & Goal Tracking:** Through methods like *Daily Rhythms*, *Efficient Daily Bookends*, and *Pareto Effect* application, the program assists you in crafting a productive and meaningful daily routine. This structure is invaluable in ensuring consistent progress towards larger goals! Additionally, the emphasis on regular tracking and improvement systems ensures ongoing momentum and accountability in the pursuit of these goals.

**Holistic Well-being Focus:** Addressing eating, moving, and stress management habits, you can build a comprehensive approach to well-being! By continually reflecting, refining, and setting actionable steps for healthier habits, you can elevate your overall quality of life. This wellness focus ensures that you are not just pursuing goals but doing so in a manner that maintains your health and vitality!

*Testimonial from Leslie in Ohio,*



*"I learned that regularly crafting and refining my success statements enabled deep introspection observing my emotions and reactions, leading to the authentic definitions of success that resonates with me. One pivotal revelation was my ability to manage stress by incorporating daily bookends, a strategy that equips me to better navigate the anticipated challenges of tomorrow."*

## ***Validity Recharge Program (No age restrictions, family discounts available)***

***Three installments of \$255 or one-time payment of \$695 (Does not include cost of remedies.)***



Delve into a comprehensive understanding of chemical toxins, heavy metals, parasites, molds, fungi, or bacterial imbalances in your body! Through scientific dry blood test analysis with Holistic Practitioner Molly Cover, Validity Recharge provides a view of what might be affecting your well-being.

**Personalized Detox and Rebalance:** Receive a plan specifically tailored for you to regain your overall health! Coupled with ongoing support and holistic remedies, CW provides the necessary tools for a successful rejuvenation while specializing

in detoxification of the body through homeopathy, hydration, and traditional European practices. Please be aware that deep toxicity could take several months to fully cleanse.

*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!"*

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## ***Discovery Programs***



Embark on a journey where your health is the adventure and each discovery is a step toward personalized wellness. At Confident Wellness, we've curated a suite of Discovery programs, your keys to unlocking a future where every wellness decision is informed, intentional, and impeccably tailored.

Explore the varying layers of our tailored Discovery programs. Each path is more than an assessment; it's a commitment to navigating your health with clarity and confidence. Together, let's shape a vibrant future, embracing each wellness choice with informed intentionality and radiant vitality!

[Learn more about Confident Wellness Discovery Programs Here](#)