



Ankeny Prairie Trail Hy-Vee Dietitian Wellness Services



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You're taking the right step! Seeking the services of a registered and licensed dietitian is an investment in your health. A dietitian is going to do much more than tell you what to do – in some cases, you already know what to do! The trick is to identify why you're not doing it! And that's why utilizing a Hy-Vee dietitian as your nutrition coach can help you achieve success with your health and wellness goals.

What's different about nutrition coaching? It opens the door to opportunities and challenges you to change. During nutrition coaching sessions, we'll discuss the actions you need to take to reach desired outcomes and meet personal goals. Nutrition coaching means your dietitian will champion your success and empower YOU to make important lifestyle changes.

No one expects to learn a foreign language in one session. Learning proper nutrition and how to create a healthy lifestyle takes time, too. That's why we offer a variety of consultation packages that allow you to choose the number of visits with your Hy-Vee dietitian. We are here to make your life easier, healthier and happier!

PERSONAL

New Client: \$125

- 1 initial visit (45 minutes)
- 1 additional session (15 minutes)
- Grocery store tour

Health Screenings: \$45

Take preventative measures by getting a health assessment by your Hy-Vee dietitian. Get quick and accurate results on cholesterol, blood pressure, blood sugar, body fat and body mass index.

BEGIN - Healthy lifestyle & weight management program

Begin Group Program: \$144

- 1 initial visit with biometric screening (60 minutes)
- 7 group classes (60 minutes)
- 1 additional session including measurements (30 minutes)
- 1 additional session with biometric screening (30 minutes)

Begin 4 Kids Individual Program: \$396

- 4 sessions (60 minutes)

Begin 4 Kids Group Program*: \$99

- 4 group classes (60 minutes)

*Note: a \$40 fee will be applied for each additional child

VIP PACKAGES

Platinum - Begin Individual Program: \$290

- 1 initial visit with biometric screening (60 minutes)
- 8 additional sessions (30 minutes)
- 1 final visit with biometric screening (30 minutes)

Gold: \$469

- 1 initial visit (45 minutes)
- Additional session phone call
- 4 additional sessions (45 minutes)
- Grocery store tour

Silver: \$319

- 1 initial visit (45 minutes)
- Additional session phone call
- 7 additional sessions (15 minutes)
- Grocery store tour

Bronze: \$189

- 1 initial visit (45 minutes)
- Additional session phone call
- 3 additional sessions (15 minutes)
- Grocery store tour

VIP EXTENSIONS

Package Extensions: \$149

- 5 sessions (15 minutes)