



Live Better Health Limited Commercial Agreement

Live Better health aims to support individuals with their digestion, mood, skin issues, immune system, food intolerances, hormone function, energy levels and blood sugar regulation.

Packages

Nutritional Therapy with me, Michelle Boehm, is available in three packages, Embark, Reset and Transform.

Free 15-minute call

A free 15-minute call will be held prior to paying for the package to determine whether I may be able to help you. I will ask you some brief questions to learn more about you and determine your goals.

Consultations

Once we have decided to work together, the costs will be due. Please let me know via text or email once the amount has been paid. I will then email you to schedule in the first consultation.

Location

The first consultation will either be held in clinic or online (whichever you prefer). Information on the location and directions will be provided 48-hours prior to the appointment.

Documentation

Prior to the initial consultation, you will be sent the terms of engagement and a comprehensive questionnaire to complete which will provide me with current details of your health, lifestyle, symptoms, medications (over-the-counter and prescription) and a 3-day food diary. Kindly return the signed terms of engagement and the completed questionnaire **at least two days** prior to the consultation so that I have sufficient time to analyse it.

Initial consultation

The initial consultation will be one hour, I will firstly ask you some questions, then I will explain which imbalances I have identified, and we will then negotiate a health plan that works for you. We may discuss testing and supplements, if applicable. Testing and supplements come at an additional charge. The testing charges will be provided and agreed prior to ordering the test. Tests must be conducted by the client without delay to ensure analysis can be done in the follow-up session. Supplement costs will be given. You can order the supplements through the Natural Dispensary at a 10% discount. Details of which will be available on your health optimisation plan.

Follow-up consultations

The 1-hour follow-up sessions will be held in person or online (whichever you prefer), where we will discuss progress and next steps. Follow-up consultations will be held every 4-weeks. If tests were recommended, we will discuss the results and steps forward.

What will be provided

I will be taking notes throughout the consultations and will provide a personalised nutrition, lifestyle and supplement plan following each appointment. This will contain the mutually agreed upon diet and lifestyle modifications. This plan will be available the next day following the appointment.

Progress review calls

Progress review calls will be held weekly if necessary. These short calls will provide you with extra support to help you with your personalised plan and to evaluate your progress. It will give you an opportunity to ask any questions you may have.

Fee structure and payment

The Embark package is £250, the Reset package is £325, and the Transform package is £400.

Please make payments to Michelle Boehm

Account number: 01536818

Sort code: 40-03-03

Cancellation and re-scheduling

Package fees are ono-refundable. If you wish to reschedule an appointment, please let me know 24-hours before. For face-to-face meetings please provide 48-hours to reschedule.

All information provided to Michelle will be strictly confidential and held securely.

Michelle agrees to:

- Email the client following confirmation of payment to schedule in the initial consultation.
- Provide information on the location, directions and accessibility, 48-hours prior to the initial consultation.
- Send the client the personalised plan the day following their appointment.

Print name: Michelle Boehm

Sign:

Date:

The client,, agrees to:

- Pay the package fees after the initial call (if we have decided to work together).
Let Michelle know via text or email once paid.
- Provide the signed terms of engagement, commercial agreement and completed questionnaire 2-days prior to the initial consultation.
- Let Michelle know 24-hours prior to the appointment if you wish to re-schedule or **48-hours for face-to-face meetings**.
- Notify Michelle of any medications (over-the-counter and prescribed) and supplements in the questionnaire and during the course of the package.
- Provide Michelle with GP details and permission to contact the named GP if required.

Permission to contact GP: Yes/No

GP's name:

Contact number:

Address:

Client name:

Sign:

Date: