



1510 SE 44<sup>th</sup> Ave, Suite 105  
Portland, OR 97215  
503-234-7280

## FINANCIAL POLICY

### Rates:

#### Individual appointments

- Initial nutrition assessment..... \$ 120 if paid at time of service; \$150 if billed
- Follow up nutrition appointments..... \$75 if paid at time of service; \$90 if billed
- Grocery store tours and pantry overhauls..... \$100 per hour

**Group cooking and nutrition classes.....\$50**

#### Packages

We will work with you to design an individual wellness package, by combining all services you would like and taking off a 20% discount. All packages must be paid for at time of purchase. Our existing packages are:

- First Steps package .....\$584 (\$146 savings) and includes:
  - 3 Nutrition Sessions, including an initial assessment, diet analysis, goal setting and customized program development
  - Home Pantry Overhaul
  - Grocery Store Tour
  - Unlimited fitness for 2 months
- Nourish Your Body package.....\$224 (A \$56 savings) and includes:
  - Unlimited fitness and yoga for 1 month
  - 3 cooking classes to be used within 2 months

Please understand that the payment of your bill is considered part of your treatment. The following statement explains our financial policy. Please read the policy, sign and return it to us prior to your treatment.

I, \_\_\_\_\_, understand I am responsible for payment of any charges and agree to pay Nourish Northwest, LLC the regular charges for all nutrition related services rendered to me. I agree to pay those charges that are not covered by or paid by my insurance provider as soon as I receive the bill. If I do not pay my bill, I agree to pay Nourish Northwest, LLC any collection costs it may incur. Please note that we only accept insurance coverage for individual appointments, not packages or groups.

If your insurance provider does not cover nutrition visits, payment is due at the time of service. We accept cash, credit and checks.



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Returned Checks

For checks returned to us as unpaid by your bank, you will be charged a \$35 fee. Any legal feed that Nourish Northwest, LLC incurs to secure past due balances will be added to your account.

Missed Appointments

Please provide at least 24 hours notice of cancellation as a courtesy. Our policy is to charge \$50 for missed appointments without appropriate notice. Please help us to serve you better by keeping scheduled appointments.

Missed Cooking Classes

Please provide at least 48 hours notice of cancellation as a courtesy. Our policy is to charge \$25 for missed cooking classes without appropriate notice.

I understand that I am financially responsible for the charges that I incur during my treatment under the care of Nourish Northwest, LLC. This includes all nutrition therapies, supplements, office visits, laboratory and imaging charges.

I have read and agree to this financial policy.

Signature of Patient \_\_\_\_\_ Date \_\_\_\_\_

Name of Guardian \_\_\_\_\_ Relationship \_\_\_\_\_

Signature of Guardian \_\_\_\_\_ Date \_\_\_\_\_