



JANEY APPLESEED at Fertile Ground

1091 S Gaylord Street
Denver, CO 80209

To schedule an appointment: (303) 656-3847
www.fertilegroundwellnesscenter.com

Welcome! I'm excited to begin our work together!

PLEASE BRING WITH YOU TO OUR FIRST APPOINTMENT:

- 1. Completed Health History form & Symptom Questionnaire**
- 2. Bottles of dietary supplements** you are currently taking (or considering taking) which may include any of the following examples: multivitamin, fish oil supplement, protein powders, dietary fiber supplements, green powders, antioxidant formulas, etc. The bottles are required so that we can identify the specific amounts and forms of the various nutrients.
- 3. Pertinent Blood Work Results from current and past doctor visits.**

As it is always helpful for us to have ample time to review this pertinent information, we request (if possible) all patients send in their Health History & Symptom Questionnaire at least one day prior to their scheduled appointment. If accessible, you can send your paperwork to us by scanning and emailing it to sjkidd31@gmail.com.

“One cannot think well, love well, sleep well, if one has not dined well.”

-- Virginia Woolf

Janey Appleseed Office Policies

SCHEDULING APPOINTMENTS: To schedule or change an appointment, **please call: (303) 656-3847** or email sjkidd31@gmail.com.

PAYMENT FOR SERVICES: Payment in full is required at time of service unless other arrangements have been made ahead of time. We accept cash, check and credit card. **Please make checks payable to: Sarah Jane Kidd, CNT.**

CANCELLATIONS: We understand unforeseen events arise that may prevent you from making your scheduled appointment. However, missing an appointment is a loss to everyone. Kindly provide at least 24-hours notice if you need to cancel an appointment, or payment in full will be required for the time slot that was reserved for you. We will be happy to reschedule you.

INSURANCE COVERAGE: Unfortunately, most insurance companies do not cover nutrition appointments, even when they are doctor-prescribed. Hopefully, this will change in the future. It is the patient's responsibility to provide payment in full at time of service and then request reimbursement from the insurance company.

CONFIDENTIALITY: All information disclosed within sessions is confidential as outlined in the HIPAA notice of Privacy Practices. Additional copies can be made available during your office visit.

OFFICE HOURS: Office hours are Monday, Wednesday, and Friday. Please call **(303) 656-3847** to reserve an appointment time.

Signature

Date

Please let us know if you have any questions.

Pricing Information

Initial Consultation: \$120 (90 minutes)

Follow-Up sessions: \$75 (45-60 minutes); **\$37** (30 minutes)

Initial Consultation + 3 Follow-Up session: \$325

Initial Consultation + 5 Follow-Up sessions: \$465

Package of 8 Follow-Up sessions: \$560

Remote Consultation (telephone or Skype): same rates apply

Menu Planning: \$35/hour (1-week menu plans take approximately 2-3 hours to create & include shopping lists and recipes)

Grocery Store Walkabout: \$55/hour (60 minutes)

A custom-guided tour of the natural foods store of your choice. You will learn about the benefits of various foods, how to make the best nutritional choices, what ingredients to avoid, how to read and decipher labels, how to avoid food allergens, and other essential details as you shop to maintain wellness and nourishment.

Cooking Class (Individual or Partners): \$75/hour (2 hours)

Hands-on cooking classes that introduce a variety of foods and simple preparation techniques, making healthy eating enjoyable. Includes recipes and shopping lists.

Hormone testing, salivary: \$35/hormone

Saliva testing is an easy non-invasive way of assessing your individual hormone balancing needs or status. Well-balanced hormones regulate everything from reproduction to emotions, general health, and well-being. An imbalance of any one hormone can throw physical and mental health out of balance, causing aggravating and even serious health problems.

Comprehensive Metabolic Profile: starting at \$210

Test, Don't Guess! The Comprehensive Metabolic Profile assesses your nutritional and metabolic health with no blood draw required. Many chronic health problems can be difficult to diagnose, especially when they involve nonspecific symptoms such as fatigue, foggy thinking, gastrointestinal upset, joint aches, sleep disturbances and more. Standard medical testing is designed to identify *disease states*. Metabolic testing does not diagnose disease, it helps to give insight into the *causes* of disease. The CMP will also help assess specific metabolic dysfunction that is used to customize a nutritional program unique to your body to help you manage those areas in need of support.

Private Yoga Session: \$65/hour

3 sessions: \$180

5 sessions: \$280

Packages

Grocery Store Walkabout + Cooking Class: \$190

Begin Again!: \$435

Everything you need to know to begin to nourish your body again!

Includes: Initial Consultation, 90 min

Supermarket Shopping Tour, 60 min (includes shopping list & recipes)

2 follow-up visits, 60 min each

4 follow-up visits, 30 min each