



Nutrition Harmony

Alexandra C. Sanchez, RD

## Self-Pay Rates and "No Surprises" Act

### RATES FOR SELF-PAY SERVICES:

**Virtual Nutrition consult** - 60 min: \$150.00; 45 min: \$112.50

**Virtual Follow-up visit** - 30 min: \$70.00; 15 min: \$35.00

\*Packages may be purchased to reduce cost of bundled services

\*Number of appointments needed is dependent on your goals and needs.

**Virtual Menu Planning Class** - 90 min: \$225.00; 60 min: \$150.00

**Virtual Healthy Pantry Makeover** - 90 min: \$225.00; 60 min: \$150.00

**Grocery Store Tour** - 90 min private session: \$175.00; couples: \$225.00

**Individualized Meal Plan** - \$100 per wk; \$350 per month

**Family Meal Plans (3-4 family members)** - \$350 per wk; \$1300/month

### "NO SURPRISES" ACT:

The "No Surprises" Act that went into effect 01/01/2022 and applies to private self-pay (out-of-pocket) clients who are not using insurance to cover services. It is designed to protect from surprise bills for emergency services at out-of-network facilities, or for out-of-network providers at in-network facilities, holding them liable only for in-network cost-sharing amounts. The No Surprises Act also enables uninsured patients to receive a good faith estimate of expected charges.

For more info about your rights to a Good Faith Estimate, visit

<https://www.cms.gov/nosurprises>