

Initial Consultation

Required one-on-one discussion with a Personal Health Coach to review your health and wellness goals as well as discuss your readiness to make lifestyle changes. The visit includes an overview of the services offered and the opportunity to ask questions. This fee will be applied to the total amount for any service purchased.

\$20 – members
\$35 – non-members

Body Composition Test

Your body composition is measured via Bioelectrical Impedance Analysis giving you accurate percentages of fat, muscle, bone, and water. 4 hours of fasting is required. (45 min)

\$55 – members
\$85 – non-members

Resting Metabolic Rate Test

Measures the amount of energy – or number of calories – that your body uses to carry out processes in your body when it is at complete rest. We calculate your total energy expenditure (TEE) and provide a calorie budget. 12 hours of fasting is required. (1 hour)

\$95 – members
\$145 – non-members

Fine Tuning

Fitness and Nutrition Coaching

For people who want to explore new eating and exercise habits. (6 hours)

- Fitness Assessment and Plan
- Fitness follow up support: Four 30-min visits
- Nutrition Assessment and Plan
- Pantry Reset
- Nutrition follow up support: Two 30-min visits

\$450 – members
\$600 – non-members

Fine Tuning

Nutrition Coaching

For people who want to explore new eating habits, including meal planning, grocery shopping, plant-based choices and eating mindfully. (3 hours)

- Nutrition Assessment and Plan
- Pantry Reset
- Nutrition follow up support: Two 30-min visits

\$225 – members
\$300 – non-members

We use a Lifestyle Medicine approach versus a rigid prescription. This is not a fad diet or a fad fitness program, but more about your relationship and knowledge of food and exercise.

Fine Tuning

Fitness Coaching

For people who want to explore new exercise habits, including strength training, workout efficiency and fitness progression. (3 hours)

- Fitness Assessment and Plan
- Fitness follow up support: Four 30-min visits

\$225 – members
\$300 – non-members

Personal Health Coach Program

This program is offered at Kaiser Permanente in the San Francisco Medical Center’s Health Education Department. We provide one-on-one consultation to help optimize your health and wellness goals through nutrition and fitness coaching via video or in-person.

Contact us: 415-833-7800
health.coach@kp.org

Fitness Health Coach

Aleah Mainzer, MPT, CPT
Licensed Physical Therapist
Certified Lifestyle Medicine Professional
Certified Personal Trainer
Certified Pilates Instructor
kp.org/mydoctor/aleahmainzer

Nutrition Health Coach

Heather D’Eliso Gordon, RD, CSSD
Registered Dietitian
Certified Specialist in Sports Dietetics
Certified in Plant Based Nutrition
kp.org/mydoctor/heathergordon

Fitness Coaching at Sports Medicine Center

Fitness Coaching

For people who have been recently discharged from Physical Therapy who may be returning to sports or other athletic activities. Get help with developing a conditioning program to work on agility, cardio, and strengthening. (6 hours)

- Fitness Assessment and Plan
- Five 60-min visits of follow up support

\$450 – members

\$600 – non-members

Get Fueled!

Sports Nutrition Coaching

For people who want to learn how to optimize their exercise performance and recovery. Fueling strategies for training periodization and optimizing body weight. Coaching provided by a Certified Specialist in Sports Dietetics (CSSD). (5 hours)

- Body Composition Testing 2x and RMR Testing 1x
- Nutrition Assessment and Plan that includes energy and macronutrient recommendations
- Fueling strategies for training and competition
- Two 30-min visits follow up support

\$375 – members

\$500 – non-members

Plant Strong

Nutrition Coaching

For people who want to move towards a plant-forward diet and learn how to nourish their body with whole foods. We will provide nutrition coaching and make meal planning adjustments as necessary. (3 hours)

- Nutrition assessment
- Four 30-min visits of follow up support

\$225 – members

\$300 – non-members

Pilates Introduction

Fitness Coaching

For people who want to focus on core strength and possibly transition to a Pilates group class setting. Coaching provided by a certified Pilates physical therapist. Excellent for post-partum diastasis recti injury (abdominal muscle weakness). (6 hours)

- Fitness testing
- Fitness progression (5x)

\$390 – members

\$600 – non-members

Self-Care Package

Fitness and Nutrition Coaching

For people who want to focus on nourishing their body, learning a healthy body image and adopting joy of movement. (5 hours)

- Nutrition Assessment and Plan
- Fitness Assessment and Plan
- Six 30-min visits of customized follow up support of fitness and / or nutrition

\$375 – members

\$500 – non-members

Follow Up Support

We offer follow up support for any of our services in addition to what is already included in the description. Our goal is to support you from start to finish.

\$75/hour – members

\$100/hour – non-members

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under your health plan benefits. If you are a Kaiser Permanente member, please check your *Evidence of Coverage* for specific covered health plan benefit information.