

Emerald Package

Emerald Jump Start Package gets you started on a health and wellness program. This **four month program** helps you become aware of areas in your life that require attention and pathways that help you create and design a plan for success.

The program includes:

Comprehensive Intake Session

Two, 30 min one to one coaching sessions per month

Healthcoachingu.com Health Portal

Unlimited email access

Daily Health Tip

Inspirational flashcard sent Monday –Friday to brighten your day

eHealth newsletter with documented articles

Hand selected articles from my library

Take the first step and sign up for a free coaching session to explore your options and see how Health Coaching can help you. Contact Dr. Monica Traystman: phone: 858-245-0422 or email: healthcoach2010@gmail.com