

Sapphire Package

Sapphire Healthy Lifestyle Package is designed for someone who has one or two health concerns. This **eight month program** will guide you towards maintaining a healthy, vibrant lifestyle.

The program includes:

Comprehensive Intake Session

Three, 30 min one to one coaching sessions per month

Healthcoachingu.com Health Portal

Three “Just In time” coaching as needed (10 minute maximum per call)

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