



EDS Wellness' List of Services: *EDS Wellness is a 501(c)(3) nonprofit charitable organization*

Wellness Counseling/Health Coaching

A wellness counselor or “health coach” is a wellness expert, a certified health education specialist (C.H.E.S.) or both. Working with a health and wellness counselor/coach is similar to working with a counselor, but with a powerful action element. Your wellness coach serves as a supportive mentor who works in collaboration with your healthcare team. He/she helps establish a sense of organization, clarity and the appropriate steps needed to embark on your journey to living well. While walking beside you, your wellness counselor/health coach helps gently foster necessary behavior modifications and lifestyle changes, through equipping you with the needed tools, education, and support to reach your goals. ***Being “healthy” is not just about nutrition and fitness – total wellness encompasses all aspects of an individual’s life.***

Rates:

Wellness counseling/health coaching appointments are available on a limited basis, virtually or in person. Kendra works with 2 clients at a time. Wellness counseling appointments DO NOT include hands-on movement/body work instruction or training, or meditation.

- Wellness Consultation (30 mins) - \$0 (*New patients Only*)
- New Patient Evaluation (approx. 2 +/- hrs) - \$275 (virtual or in person)
- 1 hour Follow-up Appointment - \$110 virtual/\$150 in person
- 30-minute Follow-up Appointment - \$90 virtual/\$110 in person
- 1 hour Family Wellness Counseling/Health Coaching Appointment - \$125 virtual/\$175 in person (*New Patient Evaluation Required*)

******Please ask if interested in our Wellness Counseling Packages******

Wellness Counseling Monthly Membership

EDS Wellness' wellness counseling/health coaching membership provide access to 4 discounted sessions per month - either 1/2hr or 1hr. The cost of either 1/2hr or 1hr discounted sessions are in addition to the \$50 per month membership fee.

- Monthly Wellness Counseling Membership Fee - \$50 per month (3-month minimum commitment)
- 1 hour Follow-up Wellness Counseling Membership Appointment - \$90 virtual/\$110 in person
- 30-minute Follow-up Wellness Counseling Membership Appointment - \$70 virtual/\$90 in person

Movement/Body Work

Yoga for Hypermobility

Personal Yoga for Hypermobility sessions focus the mind-body and restorative benefits of yoga, and how to incorporate yoga safely into your self-care routine. We will discuss and practice various types of yoga and how to find the right type of practice for you. Each session will combine instruction with movement, and will help arm you with resources that will help you develop a practice of your own at home. Because personalized yoga sessions have a more specific focus than Wellness Counseling, our goal for each session will be different

Moving Naturally with Hypermobility

Personal Moving Naturally with Hypermobility sessions focus on natural movement and restorative/therapeutic exercise, and how to move more and move better each day. Because Moving Naturally with Hypermobility sessions have a more specific focus than wellness counseling/health coaching, our goals for each session will be different.

Rates:

- New Patient Evaluation (approx. 2 +/- hrs) - \$275 (virtual or in person)
- 1 hour Follow-up Appointment - \$110 virtual/\$150 in person
- 30-minute Follow-up Appointment - \$90 virtual/\$110 in person

****Please ask if interested in our Movement/Body Work Packages****

Patient Advocacy

A patient advocate is a professional that has developed an expertise in navigating the complex healthcare system through experience and education. They provide direct support services to patients and their caretakers by ensuring that the patient's voice is represented in their medical care, while providing the information a patient needs to implement informed decision making. A patient advocate is committed to helping you by providing the information and resource connections that are needed to meet your healthcare needs most effectively. Also, patient advocates are empathetic to your situation, and understand the overwhelming emotions that come with navigating the complex healthcare system therefore having a patient advocate can help alleviate any un-needed stress.

Rates:

Patient Advocacy services are available on a limited basis, virtually or in person. Cases are taken on a case-by-case basis, after a thorough review of history and current patient needs. Patient Advocacy appointments DO NOT include wellness counseling, hands-on movement/body work instruction or training, or meditation. Costs are independent of travel and other misc. expenses sometimes associated with patient advocacy work.

- Patient Advocacy Consultation (30 mins) - \$0 (*New patients Only*)
- Initial Patient Advocacy Evaluation (approx. 3 +/- hrs) - \$350 (virtual or in person)
- 1 hour Follow-up Appointment - \$110 virtual/\$150 in person
- 30-minute Follow-up Appointment - \$90 virtual/\$110 in person

****Research, background work, emails, phone calls and other work associated with patient advocacy cases are charged at a rate of \$25/per hour – in addition to the cost of initial advocacy evaluation, and follow-up appointments.****

Professional Consulting and Education

EDS Wellness' provides professional consulting, education and project collaboration to help facilitate awareness on EDS, HSD and related conditions, increase quality of patient care and improve patient outcomes. EDS Wellness utilizes the most up-to-date research, diagnostic criteria and evidence-based integrative strategies, ensuring the highest possible standard of care for patients living with multisystemic chronic medical conditions such as EDS, HDS and their comorbid conditions.

Rates:

- Professional HelpLine Appointments - \$0
- 30-minute Professional Consultation - \$0

- 1 hour Professional Consulting/Collaboration Appointment - \$125 virtual/\$175 in person
- 30-minute Professional Consulting/Collaboration Appointment - \$95 virtual/\$150 in person

****Please ask about our additional resources for Medical Providers and other Healthcare Professionals****