



Wellness & Weight Management Nutrition Services

Fundamental Nutrition Package

Our most popular package, this session includes 1-hour nutrition counseling, body fat testing using BIA and resting metabolic rate testing. A helpful appointment when getting started with a weight loss or wellness plan.

Cost: \$130

Fundamental Nutrition Counseling

A 1-hour session designed for those who want nutrition guidance to improve their general nutrition or for specific medical conditions such as diabetes, high blood pressure, high cholesterol, disordered eating, food allergies and more.

Cost: \$85/hour

Nutrition Follow-Up

An extension of fundamental nutrition counseling tailored to your specific needs. Appointments are 30-minutes.

Cost: \$50 OR 3-\$120

Body Fat Analysis

A test to determine your body composition or lean body mass to fat body mass, using bioelectrical impedance (BIA). Interested in monitoring your progression towards increasing your lean muscle mass and strength?

Consider a package of 3 visits.

Cost: \$25 OR 3-\$65

MultiCare 

BetterConnected

⋮ Center for Healthy Living

Resting Metabolic Rate

A test to determine your calorie burn at rest. Useful when determining your calorie needs for your specific goal: weight maintenance, loss, or gain. This is the gold standard test in determining your calorie needs.

Cost: \$50

Body Fat and Resting Metabolic Rate Testing

Our popular body fat (using BIA) and resting metabolic rate testing in one visit. Save \$10 when you receive both tests.

Cost: \$65

Comprehensive Wellness Package

This package includes 3, 60-minute sessions, including:

- Resting metabolic rate testing
- 3 body fat tests (using BIA) to monitor progress
- Complete assessment of current diet, vitamins, minerals and supplements
- A meal plan and sample menu of current dietary needs
- Sessions tailored to your individual goals

Cost: \$325

All services provided by MultiCare Center for Healthy Living registered dietitians. To schedule an appointment please call:

Tacoma 253.301.5095

Gig Harbor YMCA 253.530.8970

For more information please visit

www.multicare.org/home/wellness-nutrition-services

**MultiCare Employees and YMCA Members receive a 20% discount.*