

# Wellness Ways

Wellness Services That Enhance Your Lifestyle

The Methodist Hospital, Corporate Wellness • 713.441.5978 • www.methodistcorporatewellness.com

METHODIST WELLNESS SERVICES

## Customized Wellness Packages



### Level 1

**Biometrics (\$54) +**

*Your Choice of* — RD Consult + Fitness Assessment + Massage + Wellness Coach Consult = \$234

\$45

\$45

\$45

\$45

### Level 2

**Physician exam (\$96) + Biometrics (\$54) +**

*Your Choice of* — RD Consult + Fitness Assessment + Massage + Wellness Coach Consult = \$330

\$45

\$45

\$45

\$45