

Re:You Health

Programs and Packages



Lifestyle Program

\$870.00

A comprehensive 6 month, structured program designed to support long term health and lifestyle change

Ideal for providing holistic support in nutrition, movement, and lifestyle, with progress tracking through reviews, body scans, and functional assessments to build sustainable, long-term healthy habits.

Includes:

- Meal planning consultation (1 hour)
- Movement and exercise consultation (1 hour)
- General review appointments (30 minutes)
- Body composition analyses (InBody scans)
- Functional assessment
- Lifestyle and Weight Management eBook

Kickstart Program

\$540.00

A 12 week program, that helps build strong foundations for long term success, with practical guidance and accountability

Ideal for establishing healthy eating and activity routines, learning sustainable lifestyle changes, and building accountability and confidence.

Includes:

- Meal planning consultation (1 hour)
- General review appointments (30 minutes)
- Body composition analyses (InBody scans)
- Personalised goal setting and progress tracking
- Protein Guide eBook

Maintenance Program

\$85.00 | month

Stay on track and maintain your progress with ongoing support and accountability

Direct debit only

Includes:

- General review appointment (30 minutes)
- Protein Guide eBook
- Body composition analyses

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Direct Debit Payment Options



6-Month Lifestyle Program

\$870.00

Initial deposit - payable prior to commencing

\$210.00

Choose your direct debit frequency

\$27.50 per week

24 payments

\$55.00 per fortnight

12 payments

\$110.00 per month

6 payments

3-Month Kickstart Program

\$540.00

Initial deposit - payable prior to commencing

\$210.00

Choose your direct debit frequency

\$27.50 per week

12 payments

\$55.00 per fortnight

6 payments

\$110.00 per month

3 payments

Ongoing Maintenance Program

\$85.00 | month

No deposit required

- ① Minimum 3-month commitment applies (minimum total payment \$255.00). Following this period, the program may be cancelled at any time with no exit fees.

Disclaimers

- Direct debits are processed via a third-party provider, Ezidebit
- A once-off setup fee of \$5.50 and a transaction fee of \$0.99 per debit apply, these fees are payable directly to Ezidebit
- By entering into a direct debit arrangement, you are committing to the full program cost, inclusive of any initial deposit and scheduled payments
- Your first direct debit will be processed one week prior to your initial consultation to establish your program
- You are responsible for ensuring sufficient funds are available for each scheduled debit
- If a scheduled payment is declined, dishonoured, or cancelled, additional fees may apply and missed payments may be reprocessed in accordance with Ezidebit's terms and conditions
- Program fees are not refundable for change of mind
- If you choose to discontinue participation in the program, outstanding payments may still remain payable under your direct debit agreement
- Program fees relate to lifestyle and support services and are separate from any medical consultations, investigations, prescriptions, or other clinical care, which may incur additional fees
- Services included within these programs do not attract a Medicare rebate
- Appointment cancellations or non-attendance may incur additional fees in accordance with clinic policy
- Programs are designed to support lifestyle and behaviour change; individual outcomes may vary
- Payment processing is managed by Ezidebit in accordance with their terms and conditions
- Full Ezidebit terms and conditions are available at www.ezidebit.com