

Initial Consultation: Wellness Jumpstart

The initial consultation is required for all coaching packages and is one hour duration. During the initial consultation, clients share their current struggles, health history, and health aspirations. Jamica shares her insights, and the client determines what their next steps will be. Habit and metric tracking in the Healthie client portal are available to clients regardless of whether they purchase more sessions. Credit card on file is charged two days after the consultation is completed.

Does your body ache? Do you lack energy and focus? Are you overworking and have trouble sleeping? Are you burned out? If you are a desk worker, and this sounds like you, Jamica can help! Book a consultation today to get started!