

MILESTONES SOLUTIONS CONSULTATION DETAIL

Standard offers all base HFOs.

	HFO	SOS	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	N/A	N/A	N/A	N/A	N/A	N/A	N/A	\$ 151.35
Annualized	2	1	1	1	0	1	6	\$1,816.19

Basic offers HFOs every 3 service cycles (12 weeks) for annually.

	HFO	SOS	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	N/A	N/A	N/A	N/A	N/A	N/A	N/A	\$ 284.99
Annualized	6	1	1	1	0	1	10	\$3,419.91

Premier offers HFOs every service cycle (4 weeks) for annually.

	HFO	SOS	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	1	N/A	N/A	N/A	N/A	N/A	1	\$ 528.32
Annualized	13	1	1	1	0	1	17	\$6,339.87

*All programs include an initial Health and Fitness Orientation (HFO) and an end-of-year HFO. Annualizing Pricing includes \$199.90 Enrollment (one-time payment) and all fees associated with sessions serviced per each service cycle. Each services cycle is twenty-eight (28) days or four (4) weeks.

Standard Wellness Similar to the Platinum Exclusive Lifestyle, Platinum Exclusive Wellness replaces the FIT modules with the Wellness Orientation module

	HFO	SOS	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	1	N/A	N/A	N/A	N/A	N/A	1	\$ 743.13
Annualized	14	6	6	6	0	0	32	\$8,917.56

Standard Lifestyle offers HFOs every service cycle (4 weeks) and the core wellness module (FIT, PCT, FLEX101, BNC) in the middle of each service cycle

	HFO	SOS	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	1	N/A	N/A	N/A	N/A	N/A	1	\$ 769.31
Annualized	14	4	4	5	0	5	32	\$9,231.68

Standard Athletic offers HFOs every service cycle (4 weeks) with Athletic Training in the middle of each service cycle

	HFO	SOS	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	1	N/A	N/A	N/A	N/A	1	2	\$ 821.25
Annualized	14	2	1	1	0	14	32	\$9,854.99

Basic Wellness similar to the Premier Lifestyle, Premier Wellness replaces the FIT modules with the Wellness Orientation module

	HFO	SOS	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	1	1	1	1	N/A	N/A	4	\$ 1,105.32
Annualized	15	14	14	14	0	0	57	\$13,263.88

Basic Lifestyle offers HFOs every service cycle (4 weeks) and the core wellness module every week of the service cycle

	HFO	SOS	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	1	N/A	1	1	N/A	1	4	\$ 1,201.58
Annualized	14	1	14	14	1	13	57	\$14,418.90

Basic Athletic offers HFOs every service cycle (4 weeks) with Athletic Training every week

	HFO	SOS	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	1	N/A	N/A	N/A	N/A	3	4	\$ 1,359.19
Annualized	13	1	1	1	1	40	57	\$16,310.27