Wellness & Mental Health

www.corewell365.com Phone: (605) 941-1607

Well365 Wellness App: $9.99/month to include:

- Personalized goal setting
- Nutritional resources
- Daily habit tracking
- Daily mood insights
- Daily sleep logging
- Wellness assessments
- Wellness quests
- Gratitude journal
- Badges and milestones
- Smart reminders

Performance Membership: $24.99/month or $275.00 annually

- 30 minutes of wellness coaching per month
- Well365 Wellness App (see above for features)

Elite Membership: $49.99/month or $575.00 annually

- 60 minutes of wellness coaching per month
- Welll365 Wellness App (see above for features)

Mental Health:

Option	Investment	Savings
Single Session	$99	
3-Session Package	$258.39	13% ($297.00)
6-Session Package	$475.20	20% (594.00)

Wellness Coaching

One-on-one coaching designed to help individuals improve habits, increase motivation, and achieve personal wellness goals.

Option	Investment	Savings
Single Session	$59	
3-Session Package	$156	13% ($179.97)
6-Session Package	$287.95	20% ($359.94)

Nutrition Consultation

Personalized guidance to support healthy eating habits, meal planning, weight management, and long-term wellness.

Option	Investment	Savings
Single Session	$59	
3-Session Package	$177.00	13% ($156.00)
6-Session Package	$354	20% (287.95)

InBody Assessment

A body composition assessment designed to evaluate muscle mass, body fat, water balance, and other essential health metrics. Available exclusively at our SF location.

Option	Investment	Savings
Single Session	$39	
4-Session Package	$156.00	13% ($135.72)
Unlimited	$99/month	

Additional Add-On Options

Service	Investment
Biometric Health Screening (SF Location)	$60
Biometric Home Test Kit	$75