

First Focus Coaching Program Agreement

Alan Simons, ARNP

Because I want to get better rewards in my work, relationships, and personal satisfaction, I commit to working the First Focus Coaching Program for the next _____ months (write in 3, 6, 9, or 12). I commit to meeting with or talking by phone or video conferencing with Alan Simons, ARNP _____ (write in 2, 3, or 4) times every month for the duration of the program.

I realize that most people need at least one year to make sustainable changes they want, even with the accelerated and advanced techniques that I may learn in this program.

I understand there is a direct link between success in making sustainable changes and attendance of my appointments in this program. Many with focus/follow-through problems commit to what sounds like a good idea at first, only to find it difficult to follow through with it after the initial stages. To help provide an incentive to follow through with this program, I understand my credit card will be charged sometime during the first full business week of each month of my agreement in advance.

To provide an incentive to make and keep the appointments I commit to, I understand that the same amount is charged whether I make and keep all, part, or none of those appointments (except in extreme circumstances).

Therefore, I agree to allow Alan Simons, ARNP, or his designee, to charge my credit card in advance sometime during the first business week of each month of this contract.

Because health insurance does not pay for coaching, even when blended with medication management, I understand I cannot submit these sessions to my health insurance company for reimbursement.

- **Green Program**--*Two 45-minute sessions per month*--\$237 per month (Savings of \$157 per month compared to my regular fee that people not in this program actually pay me or a savings of \$471 for a three-month period or \$1884 for 12).
- **Blue Program**--*Three 45-minute sessions per month*--\$357 per month (Savings of \$234 per month, \$702 for three months or \$2808 for 12).
- **Red Program**--*Four 45-minute sessions per month*--\$474 per month (Savings of \$314 per month, \$942 for three months, or \$3768 for 12).

Today's Date _____

Start Date _____

Credit Card Number

Expiration Date

Security Code

Printed Name on Credit Card

Signature Approving Agreement

Full Address of Credit Card Owner

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Bellevue, WA 98004*

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