**Self-Select Sliding Scale Policy**

*Updated May 2024*

At Evergreen Wellness Company, we aim to provide services that are accessible to as many people as possible. The scale outlined below invites patients to reflect on their current financial situation and choose a rate that is meaningful to them. We do not require proof of income to take advantage of this service, we only ask that everyone respect the honor system that allows us to provide these services to members of our community. We also ask for transparent communication regarding any changes in your life that may indicate a need to move up or down the scale. This is meant as a resource to provide services for those who would not otherwise be able to access our healthcare services, being mindful of the fact that if everyone requests the lowest tier, it will be difficult to keep our doors open and provide care to all those in need.

If you have any questions or concerns, please do not hesitate to reach out.

Sincerely,

Dr. Trey Larant, PT, DPT, Cert. DN

Owner of Evergreen Wellness Co.

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| Tier 1 | Tier 2 | Tier 3 |
| I am comfortably able to meet all of my basic needs | I sometimes stress about meeting my basic needs but still regularly achieve them | I frequently stress about meeting basic needs such as housing, food, and healthcare, and I don't always achieve them |
| I may have some debt, but it does not prohibit attainment of basic needs | I have some debt, but it does not prohibit attainment of basic needs | I have debt that prohibits me from meeting my basic needs |
| I own my home/property OR I rent a higher-end property | I rent an apartment | I have unstable housing |
| I own or lease a car | I own or lease a car | I do not have a car and/or have limited access to a car and/or am not always able to afford gas |
| I am employed or do not need to work to meet my needs | I am employed | I am unemployed or underemployed |
| I have regular access to healthcare | I have access to healthcare | I qualify for government assistance including food stamps and health care |
| I have access to financial and/or family savings and resources in times of need | I may have some access to financial savings | I have no access to savings |
| I can afford to travel recreationally at least once per year | I am able to take occasional vacations and travel recreationally | I have no or very limited expendable income |
| I have a relatively high degree of earning power due to level of education (or gender and racial privilege, class background, etc.) even if I am not currently exercising this earning power | I am sometimes living paycheck to paycheck, but my bills are always paid at the end of the month | I am living paycheck to paycheck, and often cannot pay all my bills and/or I have immigration-related expenses |
| Recommended rates:  Physical Therapy: $190  1 Hour Sports Massage: $135  30 Min Sports Massage: $70  Nutrition Coaching: $95  Personal Training: $95  Partner Training: $120 | **Recommended rates:**  Physical Therapy: $150  1 Hour Sports Massage: $105  30 Min Sports Massage: $55  Nutrition Coaching: $75  Personal Training: $75  Partner Training: $100 | **Recommended rates:**  Physical Therapy: $110  1 Hour Sports Massage: $90  30 Min Sports Massage: $45  Nutrition Coaching: $55  Personal Training: $55  Partner Training: $80 |

**Please circle above the tier that is most appropriate for your current financial situation**

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_