**Membership Options**

Membership is the best way to start learning from Wellness Forum Health. As a member, you will have access to a vast collection of educational programs and tools that will help you to:

* regain and/or maintain optimal health
* help you to adopt optimal diet and lifestyle habits
* evaluate information about vaccines, tests, drugs, supplements, and treatments
* participate in more constructive conversations with doctors and other healthcare providers about health-related matters
* become a fully informed consumer, which leads to better health outcomes.

You can choose from several membership options, depending on your health status and the topics that interest you. The more features you choose, the more money you save on tuition.

**Basic Membership benefits:**

* **InforMED Health 101.** This course includes a textbook, online videos, and regularly scheduled instructional sessions which are held at our office in central Ohio. Members all over the world can participate since the course is also taught live via teleconference and via video platform on the members site. Curricula includes a review of the science of diet and health, and the skills needed to adopt a program of dietary excellence TM and optimal habits. This course also covers the basics of InforMED healthcare decision making, including how to have constructive conversations with your doctor about tests, drugs, procedures and medication reduction or withdrawal.
* **InforMED Health 201:** **Introduction to InforMED Medical Decision-Making** Includes how to find and interview various healthcare providers including doctors, nutritionists, mental health therapists, and physical therapists; how to read basic blood tests, and how to evaluate information and research about diet, health and medicine. Taught live at our office, via live teleconference, and video platform online.
* **Members-Only Website** - in addition to recipes and other helpful information, you'll have access to a growing library of over 140 workshops on a variety of topics, ranging from food preparation to cancer treatment. New workshops are posted almost every week.
* **Preferred Pricing** on select educational programs and national conferences
* **Free shipping** on orders over $250 (continental US only)

**First year tuition $99**

**Enhanced Membership benefits:**

* Benefits of Basic Membership described above
* Health Briefs Library
* InforMED Video Library
* Virtual Workout with Chris Dorka

**First year tuition $199 (a la carte price ($406, save $207). Description of the features in this package are included in other sections of this catalog.**

**Weight Loss Membership benefits:**

* Benefits of basic membership described above
* Health Briefs Library
* InforMED Video Library
* Weight Loss Certification Course
* Permanent Weight Loss Support Program
* Virtual Workout with Chris Dorka

**First year tuition $499 (a la carte price $1098, save $599). Description of the features in this package are included in other sections of this catalog.**

**Professional Membership benefits:**

* Benefits of basic membership described above
* Health Briefs Library
* InforMED video Library
* Advanced Study live classes and video platform
* Monthly live Ask Dr. Pam Sessions
* Monthly live “Things You Should Know” sessions

**First year tuition is $320 (a la carte price $1347, save $1027). Description of the features in this package are included in other sections of this catalog.**

**Professional Development Membership benefits:**

* Benefits of basic membership described above
* Health Briefs Library
* InforMED Video Library
* Selection of 3 certification or online learning courses and programs

**First year tuition $799 (a la carte price $1814, save $1015). Description of the features in this package are included in other sections of this catalog.**

**Annual Plan benefits:**

* Benefits of basic membership described above
* Health Briefs Library
* InforMED Video Library
* Concierge health consulting with Dr. Pam Popper
* Advanced Study live classes and video platform
* Monthly live Ask Dr. Pam Sessions
* Monthly live “Things You Should Know” sessions
* Selection of six certification or online learning courses and programs

**First year tuition $995 (savings varies according to selections but starts at $1500). Description of the features in this package are included in other sections of this catalog.**