

# By Design Program Summaries

<b>Insurance Billed By Design Essentials</b>
<b>\$480.00</b> (Payment plans available)
<p><b>SUPPORT</b></p> <ul style="list-style-type: none"> <li>❖ 24 weeks of active program involvement</li> <li>❖ Program materials</li> <li>❖ Weekly support group*</li> <li>❖ “On Track” (Carium and wireless scale)</li> <li>❖ Billed to Insurance:               <ul style="list-style-type: none"> <li>➤ Ongoing remote support through On Track remote monitoring system (procedure codes: 99453, 99454)</li> </ul> </li> </ul>
<p><b>MEDICAL</b></p> <ul style="list-style-type: none"> <li>❖ <b>Billed to Insurance:</b> <ul style="list-style-type: none"> <li>➤ RMR, initial clinic visit with medical provider, and initial set of labs</li> <li>➤ 5 visits with a medical provider                   <ul style="list-style-type: none"> <li>▪ Visits with a medical provider are subject to your specialist copay</li> </ul> </li> </ul> </li> </ul>
<p><b>NUTRITION</b></p> <ul style="list-style-type: none"> <li>❖ <b>Billed to Insurance:</b> <ul style="list-style-type: none"> <li>➤ 5 visits with registered dietitian</li> </ul> </li> </ul>
<p><b>EXERCISE</b></p> <ul style="list-style-type: none"> <li>➤ 3 exercise consults included in the program fee</li> <li>➤ 4 (30)-minute personal training sessions included in the program fee</li> </ul>
<p><b>BEHAVIOR</b></p> <ul style="list-style-type: none"> <li>➤ 3 health behaviorist visits included in the program fee</li> </ul>
<p><b>Codes for Insurance Billed Visits</b></p> <ul style="list-style-type: none"> <li>➤ <b>99205</b> – new patient visit with medical provider</li> <li>➤ <b>99214</b> – return patient visit with medical provider</li> <li>➤ <b>97803</b> – visit with registered dietitian (primary diagnosis code is Z71.3, dietary surveillance and counseling)</li> <li>➤ <b>94690</b> – visit for expired air analysis (resting metabolic rate test)</li> </ul>

<b>Cash Price By Design Essentials</b>
<b>\$1375.00</b> (Payment plans available)
<p><b>SUPPORT</b></p> <ul style="list-style-type: none"> <li>❖ 24 weeks of active program involvement</li> <li>❖ Program materials</li> <li>❖ Weekly support group*</li> <li>❖ “On Track” (Carium and wireless scale)</li> <li>❖ Billed to Insurance:               <ul style="list-style-type: none"> <li>➤ Ongoing remote support through On Track remote monitoring system (procedure codes: 99453, 99454)</li> </ul> </li> </ul>
<p><b>MEDICAL</b></p> <ul style="list-style-type: none"> <li>❖ <b>Billed to Insurance:</b> <ul style="list-style-type: none"> <li>➤ RMR, initial clinic visit with medical provider, and initial set of labs                   <ul style="list-style-type: none"> <li>▪ Initial medical provider visit is subject to your specialist copay</li> </ul> </li> </ul> </li> </ul> <p>Once in program, ALL other medical provider visits included in program fee</p>
<p><b>NUTRITION</b></p> <ul style="list-style-type: none"> <li>➤ 5 visits with registered dietitian included in program fee</li> </ul>
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<p><b>BEHAVIOR</b></p> <ul style="list-style-type: none"> <li>➤ 3 health behaviorist visits included in the program fee</li> </ul>