

# By Design Program Summaries

## Insurance: Medicare

(Traditional Medicare, Blue Medicare, United Health Care Medicare, Aetna Medicare, and Cigna Health Springs)

Must lose 6.6 lbs. in 1<sup>st</sup> 6 months for coverage to continue after that point.

<b>COST</b>
<b>\$350.00</b> (payment plans available) <b>plus any remaining balance not covered by insurance</b> <i>Price subject to change based on provided services</i>
<b>SUPPORT</b>
<ul style="list-style-type: none"> <li>❖ 52 weeks of active program involvement</li> <li>❖ Program materials</li> <li>❖ Lifetime membership to group classes</li> <li>❖ “On Track” (includes wireless scale)</li> </ul>
<b>MEDICAL</b>
<ul style="list-style-type: none"> <li>❖ <b>Initial Clinic Visit:</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 visit with the medical provider is subject to your specialist co-pay</li> <li>▪ Any remaining balance not covered is due</li> </ul> </li> </ul> </li> <li>❖ <b>Once in Program:</b> <ul style="list-style-type: none"> <li>➢ 5 visits with a medical provider               <ul style="list-style-type: none"> <li>▪ Visits are subject to your specialist co-pay</li> <li>▪ Any remaining balance not covered is due</li> <li>▪ Any labs will be billed to insurance</li> </ul> </li> </ul> </li> </ul>
<b>NUTRITION</b>
<ul style="list-style-type: none"> <li>❖ <b>Once in program</b> <ul style="list-style-type: none"> <li>➢ At least 5 visits with a registered dietitian</li> <li>➢ If you elect to do the OPTIFAST treatment plan, you must use OPTIFAST product from the WMC Nutrition Shop               <ul style="list-style-type: none"> <li>▪ Weekly Optifast product cost, average \$90, is an additional cost and not included in the program fee</li> </ul> </li> </ul> </li> </ul>
<b>EXERCISE</b>
<ul style="list-style-type: none"> <li>❖ <b>Once in program</b> <ul style="list-style-type: none"> <li>➢ 2 exercise consults with an exercise physiologist</li> <li>➢ 5 (30)-minute personal training sessions included in the program fee</li> </ul> </li> </ul>
<b>BEHAVIOR</b>
<ul style="list-style-type: none"> <li>❖ <b>Once in Program</b> <ul style="list-style-type: none"> <li>➢ 6 visits with the health behaviorist</li> </ul> </li> </ul>