

# By Design Program Summaries

<p align="center"><b>Insurance Billed By Design OPTIFAST</b></p>	<p align="center"><b>Cash Price By Design OPTIFAST</b></p>
<p><b>\$750.00</b> (Payment plans available in folder)</p> <p>Weekly Optifast product cost averages \$90 and is an additional cost and not included in program fee</p>	<p><b>\$2750.00</b> (Payment plans available in folder)</p> <p>Weekly Optifast product cost averages \$90 and is an additional cost and not included in program fee</p>
<p><b>SUPPORT</b></p> <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>	<p><b>SUPPORT</b></p> <ul style="list-style-type: none"> <li>❖ 52 weeks of active program involvement</li> <li>❖ Program materials</li> <li>❖ Lifetime OPTIFAST group member</li> <li>❖ “On Track” (includes wireless scale)</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, initial set of labs, and EKG</li> <li>➤ At least 15 visits with a medical provider                             <ul style="list-style-type: none"> <li>▪ Medical provider visits are subject to your specialist copay</li> </ul> </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, initial set of labs, and EKG                             <ul style="list-style-type: none"> <li>▪ Initial medical provider visit is subject to your specialist copay</li> </ul> </li> <li>➤ ALL other medical provider clinic visits are included in program fee</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>➤ 10 visits with registered dietitian are billed to insurance</li> </ul> </li> </ul>	<p><b>NUTRITION</b></p> <ul style="list-style-type: none"> <li>➤ 10 visits with registered dietitian included in program fee</li> </ul>
<p><b>EXERCISE</b></p> <ul style="list-style-type: none"> <li>➤ 5 exercise consults included in the program fee</li> <li>➤ 10 (30)-minute personal training sessions included in the program fee</li> </ul>	<p><b>EXERCISE</b></p> <ul style="list-style-type: none"> <li>➤ 5 exercise consults included in the program fee</li> <li>➤ 10 (30)-minute personal training sessions included in the program fee</li> </ul>
<p><b>BEHAVIOR</b></p> <ul style="list-style-type: none"> <li>➤ 7 health behaviorist visits included in the program fee</li> </ul>	<p><b>BEHAVIOR</b></p> <ul style="list-style-type: none"> <li>➤ 7 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>	