

## By Design Program Summaries

### Healthy Futures

<b>COST</b>
<b>\$220.00</b> (payment plan available)
<b>SUPPORT</b>
<ul style="list-style-type: none"> <li>❖ 24 weeks of active program involvement</li> <li>❖ Program materials</li> </ul>
<b>MEDICAL</b>
<ul style="list-style-type: none"> <li>❖ <b>Billed to Insurance:</b> <ul style="list-style-type: none"> <li>➤ Initial clinic visit with medical provider           <ul style="list-style-type: none"> <li>▪ Initial clinic visit is subject to your specialist co-pay</li> </ul> </li> <li>➤ 1 follow up visit with medical provider           <ul style="list-style-type: none"> <li>▪ Follow up visit is subject to your specialist co-pay</li> </ul> </li> </ul> </li> </ul>
<b>NUTRITION</b>
<ul style="list-style-type: none"> <li>❖ <b>Billed to Insurance:</b> <ul style="list-style-type: none"> <li>➤ 6 visits with registered dietitian during pregnancy</li> </ul> </li> <li>❖ 1 postpartum video visit included in the program fee</li> </ul>
<b>EXERCISE</b>
<ul style="list-style-type: none"> <li>❖ 3 exercise consults are included in the program fee</li> </ul>
<b>BEHAVIOR</b>
<ul style="list-style-type: none"> <li>❖ 6 behaviorist visits included in the program fee</li> </ul>