

# By Design Program Summaries

By Design Essentials
<b>\$480.00</b> (Payment plans available in folder) <b>plus any remaining balance not covered by insurance</b> Price subject to change based on provided services
<b>SUPPORT</b> <ul style="list-style-type: none"> <li>❖ 24 weeks of Active Program Involvement</li> <li>❖ Program Materials</li> <li>❖ Lifetime Essentials Group Member               <ul style="list-style-type: none"> <li>➢ Attendance to group is expected</li> </ul> </li> <li>❖ “On Track” (includes Wireless Scale)</li> </ul>
<b>MEDICAL</b> <ul style="list-style-type: none"> <li>❖ <b>Billed to Insurance:</b> <ul style="list-style-type: none"> <li>➢ RMR, Initial Clinic (MD) Visit &amp; Initial set of Labs                   <ul style="list-style-type: none"> <li>▪ Initial MD Visit is subject to your specialist co-pay</li> <li>▪ Any remaining balance not covered is due</li> </ul> </li> <li>➢ 4 Visits with MD/NP                   <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> </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>➢ At least 4 Visits with Registered Dietitian                   <ul style="list-style-type: none"> <li>▪ Any remaining balance not covered is due</li> </ul> </li> </ul> </li> </ul>
<b>EXERCISE</b> <ul style="list-style-type: none"> <li>❖ 3 Exercise Consults are included to ensure your program is meeting your needs</li> <li>❖ 4 30-minute Personal Training Sessions included</li> </ul>
<b>BEHAVIOR</b> <ul style="list-style-type: none"> <li>❖ 3 Health Behaviorist Visits are included</li> </ul>
<b>CUSTOMIZE YOUR OWN PROGRAM</b> <b>Additional Services</b> <ul style="list-style-type: none"> <li>❖ Exercise Packages               <ul style="list-style-type: none"> <li>➢ \$300 for 10 30-minute Personal Training Sessions</li> <li>➢ \$500 for 20 30-minute Personal Training Sessions</li> </ul> </li> <li>❖ Behavior Packages               <ul style="list-style-type: none"> <li>➢ \$210 for 6-Session Package</li> <li>➢ \$40 for an Individual Session</li> </ul> </li> </ul>

By Design Optifast
<b>\$2750.00</b> (Payment plans available in folder) <b>plus any remaining balance not covered by insurance</b> Price subject to change based on provided services
<b>SUPPORT</b> <ul style="list-style-type: none"> <li>❖ 52 weeks of Active Program Involvement</li> <li>❖ Program Materials</li> <li>❖ Lifetime Optifast Group Member               <ul style="list-style-type: none"> <li>➢ Attendance to group is expected</li> </ul> </li> <li>❖ “On Track” (includes Wireless Scale)</li> </ul>
<b>MEDICAL</b> <ul style="list-style-type: none"> <li>❖ <b>Billed to Insurance:</b> <ul style="list-style-type: none"> <li>➢ RMR, Initial Clinic (MD) Visit, Initial set of labs, EKG                   <ul style="list-style-type: none"> <li>▪ Initial MD Visit is subject to your specialist co-pay</li> <li>▪ Any remaining balance not covered is due</li> </ul> </li> </ul> </li> <li>❖ <b>ALL</b> other Clinic Visits included</li> </ul>
<b>NUTRITION</b> <ul style="list-style-type: none"> <li>❖ At least 10 Visits with Registered Dietitian Visits included</li> </ul>
<b>EXERCISE</b> <ul style="list-style-type: none"> <li>❖ 5 Exercise Consults are included to ensure your program is meeting your needs</li> <li>❖ 10 30-minute Personal Training Sessions included</li> </ul>
<b>BEHAVIOR</b> <ul style="list-style-type: none"> <li>❖ 7 Health Behaviorist Visits included</li> </ul>
<b>OPTIFAST SUPPLEMENT</b> <ul style="list-style-type: none"> <li>❖ Weekly Cost of \$100-\$150, depending on Customized Plan</li> </ul>
<b>CUSTOMIZE YOUR OWN PROGRAM</b> <b>Additional Services</b> <ul style="list-style-type: none"> <li>❖ Exercise Packages               <ul style="list-style-type: none"> <li>➢ \$300 for 10 30-minute Personal Training Sessions</li> <li>➢ \$500 for 20 30-minute Personal Training Sessions</li> </ul> </li> <li>❖ Behavior Packages               <ul style="list-style-type: none"> <li>➢ \$210 for 6-Session Package</li> <li>➢ \$40 for an Individual Session</li> </ul> </li> </ul>