# VIRTUAL - By Design Program Summaries

## VIRTUAL PROGRAM
### By Design Essentials

<table>
<thead>
<tr>
<th>$780.00 (Payment plans available in folder)</th>
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<td>(~70% of visits can be completed virtually)</td>
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**SUPPORT**
- 24 weeks of Active Program Involvement
- Program Materials
- Lifetime Essentials Group Member
  - Attendance to group is expected
- “On Track” (includes Wireless Scale)

**MEDICAL**
- Billed to Insurance:
  - RMR, Initial Clinic (MD) Visit & Initial set of Labs
    - Initial MD Visit is subject to your specialist co-pay
    - Any remaining balance not covered is due
  - 2 Visits with MD/NP (in-person)
    - Visits are subject to your specialist co-pay
    - Any remaining balance not covered is due

**NUTRITION**
- 4 Video Visits with a Registered Dietitian are included in program fee

**EXERCISE**
- 2 Exercise Consults are included to ensure your program is meeting your needs (1 video visit, 1 in-person)
- 4 30-minute Personal Training Sessions included

**BEHAVIOR**
- 3 Health Behaviorist Video Visits are included

**CUSTOMIZE YOUR OWN PROGRAM**
- Additional Services
  - Exercise Packages
    - $300 for 10 30-minute Personal Training Sessions
    - $500 for 20 30-minute Personal Training Sessions
  - Behavior Packages
    - $210 for 6-Session Package
    - $40 for an Individual Session

## VIRTUAL PROGRAM
### By Design Optifast

<table>
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<th>$2750.00 (Payment plans available in folder)</th>
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<td>(75% of visits can be completed virtually)</td>
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**SUPPORT**
- 52 weeks of Active Program Involvement
- Program Materials
- Lifetime Optifast Group Member
  - Attendance to group is expected
- “On Track” (includes Wireless Scale)

**MEDICAL**
- Billed to Insurance:
  - RMR, Initial Clinic (MD) Visit, Initial set of labs, EKG
    - Initial MD Visit is subject to your specialist co-pay
    - Any remaining balance not covered is due
  - ALL other Clinic Visits included

**NUTRITION**
- 10 Visits with Registered Dietitian included

**EXERCISE**
- 5 Exercise Consults are included to ensure your program is meeting your needs
- 10 30-minute Personal Training Sessions included

**BEHAVIOR**
- 7 Health Behaviorist Visits included

**OPTIFAST SUPPLEMENT**
- Weekly Cost of $100-$150, depending on Customized Plan
- Order your product online by visiting our website

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*Updated: 12/12/18*