

By Design Program Summary

Prenatal Promise Program

We promise 3 things:

Compassionate care, weight loss, and support through pregnancy and beyond.

\$2750.00 (Payment plans available in folder)

SUPPORT

- ❖ 52 weeks of Active Program Involvement
- ❖ Program Materials
- ❖ Lifetime 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
- ❖ Up to 12 MD Clinic Visits included
- ❖ Up to 6 Nurse Visits included

NUTRITION

- ❖ 10 Registered Dietitian Visits included

EXERCISE

- ❖ 6 Exercise Consults are included to ensure your program is meeting your needs
- ❖ 10 30-minute Personal Training Sessions included

BEHAVIOR

- ❖ 8 Health Behaviorist Visits included

OPTIFAST SUPPLEMENT

- ❖ Weekly Cost of \$100-\$150, depending on Customized Plan

Additional Information

- Once pregnant, you will go on a 8-10 week program “hold” to ensure the pregnancy is viable. During this “hold” period, you will have 2 Nurse visits and 1 Registered Dietitian visit. After the 8-10 weeks, you will start back with regularly scheduled visits with behavior, exercise and nutrition.
- At 4-6 weeks post-partum, you will receive 1 Behavior visit and 1 Registered Dietitian visit.
- Most in-program visits can be conducted in-person or virtually.