

By Design Program Summaries

Insurance: WFBH Medcost

| By Design Essentials |
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| \$524.00 (Average cost: 20% co-insurance) |
| <p>SUPPORT</p> <ul style="list-style-type: none"> ❖ 24 weeks of active program involvement ❖ Program materials ❖ Lifetime membership to group classes ❖ “On Track” (includes wireless scale) |
| <p>MEDICAL</p> <ul style="list-style-type: none"> ❖ Billed to Insurance: <ul style="list-style-type: none"> ➢ RMR, initial clinic visit with medical provider, and initial set of labs ➢ 5 visits with medical provider included <ul style="list-style-type: none"> ▪ Visits with a medical provider are subject to your specialist co-pay |
| <p>NUTRITION</p> <ul style="list-style-type: none"> ❖ 5 visits with registered dietitian included in program fee |
| <p>EXERCISE</p> <ul style="list-style-type: none"> ❖ 3 exercise consults included in the program fee ❖ 6 month membership to a partner fitness center ❖ 10 (30)-minute personal training sessions included |
| <p>BEHAVIOR</p> <ul style="list-style-type: none"> ❖ 6 health behaviorist visits included |

| By Design OPTIFAST |
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| \$722.00 (Average cost: 20% co-insurance) |
| <p>Weekly Optifast product cost, average \$90, is an additional cost and not included in program fee</p> |
| <p>SUPPORT</p> <ul style="list-style-type: none"> ❖ 52 weeks of active program involvement ❖ Program Materials ❖ Lifetime OPTIFAST group member ❖ “On Track” (includes wireless scale) |
| <p>MEDICAL</p> <ul style="list-style-type: none"> ❖ Billed to Insurance: <ul style="list-style-type: none"> ➢ RMR, initial clinic visit with medical provider, initial set of labs, and EKG ➢ ALL other medical provider clinic visits included in program fee |
| <p>NUTRITION</p> <ul style="list-style-type: none"> ❖ 10 Visits with registered dietitian included in program fee |
| <p>EXERCISE</p> <ul style="list-style-type: none"> ❖ 5 exercise consults included in the program fee ❖ 6 month membership to a partner fitness center ❖ 10 (30)-minute personal training sessions included |
| <p>BEHAVIOR</p> <ul style="list-style-type: none"> ❖ 11 health behaviorist visits included |