

## By Design Program Summaries

### Insurance: WFBH Medcost

<b>By Design Essentials</b>
<b>\$544.00</b> (subject to change)
<b>SUPPORT</b> <ul style="list-style-type: none"> <li>❖ 24 weeks of active program involvement</li> <li>❖ Program materials</li> <li>❖ Weekly support group*</li> <li>❖ “On Track” (Carium and wireless scale)</li> </ul>
<b>MEDICAL</b> <ul style="list-style-type: none"> <li>❖ Billed to Insurance:               <ul style="list-style-type: none"> <li>➤ RMR, initial clinic visit with medical provider, and initial set of labs</li> <li>➤ 5 visits with medical provider included in program fee</li> </ul> </li> </ul>
<b>NUTRITION</b> <ul style="list-style-type: none"> <li>❖ 5 visits with registered dietitian included in program fee</li> </ul>
<b>EXERCISE</b> <ul style="list-style-type: none"> <li>❖ 3 exercise consults included in the program fee</li> <li>❖ 6 month membership to a partner fitness center</li> <li>❖ 10 (30)-minute personal training sessions included</li> </ul>
<b>BEHAVIOR</b> <ul style="list-style-type: none"> <li>❖ 6 health behaviorist visits included</li> </ul>

<b>By Design OPTIFAST</b>
<b>\$742.00</b> (subject to change)
<b>Weekly Optifast product cost, average \$90, is an additional cost and not included in program fee</b>
<b>SUPPORT</b> <ul style="list-style-type: none"> <li>❖ 52 weeks of active program involvement</li> <li>❖ Program Materials</li> <li>❖ Weekly support group*</li> <li>❖ “On Track” (Carium and wireless scale)</li> </ul>
<b>MEDICAL</b> <ul style="list-style-type: none"> <li>❖ Billed to Insurance:               <ul style="list-style-type: none"> <li>➤ RMR, initial clinic visit with medical provider, initial set of labs, and EKG</li> <li>➤ ALL other medical provider clinic visits included in program fee</li> </ul> </li> </ul>
<b>NUTRITION</b> <ul style="list-style-type: none"> <li>❖ 6 Visits with registered dietitian included in program fee</li> </ul>
<b>EXERCISE</b> <ul style="list-style-type: none"> <li>❖ 4 exercise consults included in the program fee</li> <li>❖ 6 month membership to a partner fitness center</li> <li>❖ 10 (30)-minute personal training sessions included</li> </ul>
<b>BEHAVIOR</b> <ul style="list-style-type: none"> <li>❖ 5 health behaviorist visits included</li> </ul>