

## By Design Program Summaries

### Insurance: WFBH Medcost

<b>Healthy Futures</b>
<b>\$286.10</b> (Average cost: 20% co-insurance)
<b>SUPPORT</b> <ul style="list-style-type: none"><li>❖ 24 weeks of active program involvement</li><li>❖ Program materials</li><li>❖ Any visit can be done in-person or virtually</li></ul>
<b>MEDICAL</b> <ul style="list-style-type: none"><li>❖ <b>Billed to Insurance:</b><ul style="list-style-type: none"><li>➢ Initial clinic visit with medical provider<ul style="list-style-type: none"><li>▪ Initial clinic visit is subject to your specialist co-pay</li><li>▪ Any remaining balance not covered is due</li></ul></li></ul></li><li>❖ 1 follow up visit with medical provider included in program fee</li></ul>
<b>NUTRITION</b> <ul style="list-style-type: none"><li>❖ 7 registered dietitian visits included in the program fee</li></ul>
<b>EXERCISE</b> <ul style="list-style-type: none"><li>❖ 3 exercise consults included in the program fee</li></ul>
<b>BEHAVIOR</b> <ul style="list-style-type: none"><li>❖ 6 behaviorist visits included in the program fee</li></ul>