## By Design Program Summaries

### Insurance Billed
By Design OPTIFAST

<table>
<thead>
<tr>
<th>Weekly Cost</th>
<th>Weekly Optifast product cost averages $90 and is an additional cost and not included in program fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>$750.00</strong> (Payment plans available in folder)</td>
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</tbody>
</table>

**SUPPORT**
- 52 weeks of active program involvement
- Program materials
- Lifetime membership to group classes
- “On Track” (includes wireless scale)

**MEDICAL**
- Billed to Insurance:
  - RMR, initial clinic visit with medical provider, initial set of labs, and EKG
  - At least 15 visits with a medical provider
    - Medical provider visits are subject to your specialist copay

**NUTRITION**
- Billed to Insurance:
  - 10 visits with registered dietitian are billed to insurance

**EXERCISE**
- 5 exercise consults included in the program fee
- 10 (30)-minute personal training sessions included in the program fee

**BEHAVIOR**
- 7 health behaviorist visits included in the program fee

**Codes for Insurance Billed Visits**
- 99205 – new patient visit with medical provider
- 99214 – return patient visit with medical provider
- 97803 – visit with registered dietitian (primary diagnosis code is Z71.3, dietary surveillance and counseling)
- 94690 – visit for expired air analysis (resting metabolic rate test)

### Cash Price
By Design OPTIFAST

<table>
<thead>
<tr>
<th>Weekly Cost</th>
<th>Weekly Optifast product cost averages $90 and is an additional cost and not included in program fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>$2750.00</strong> (Payment plans available in folder)</td>
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</tbody>
</table>

**SUPPORT**
- 52 weeks of active program involvement
- Program materials
- Lifetime OPTIFAST group member
- “On Track” (includes wireless scale)

**MEDICAL**
- Billed to Insurance:
  - RMR, initial clinic visit with medical provider, initial set of labs, and EKG
    - Initial medical provider visit is subject to your specialist copay
  - ALL other medical provider clinic visits are included in program fee

**NUTRITION**
- 10 visits with registered dietitian included in program fee

**EXERCISE**
- 5 exercise consults included in the program fee
- 10 (30)-minute personal training sessions included in the program fee

**BEHAVIOR**
- 7 health behaviorist visits included in the program fee

**Codes for Insurance Billed Visits**
- 99205 – new patient visit with medical provider
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