Healthy Futures is a personalized program, designed to help you manage your weight during and after your pregnancy. Based on your specific needs, our team provides nutrition counseling, behavioral support, and exercise training tailored for pregnancy.

**COST**

$220 (Payment plans available)

**SUPPORT**

- 24 weeks of Active Program Involvement
- Program Materials
- Any MD or RD visit can be done as a video visit for a $50 charge rather than being billed.

**MEDICAL**

- **Billed to Insurance:**
  - Initial Clinic Visit (MD/RD)
    - Initial Clinic Visit is subject to your specialist co-pay
    - Any remaining balance not covered is due
  - 1 Follow up Visit with MD/NP/PA
    - Follow up Visits are subject to your specialist co-pay

**NUTRITION**

- **Billed to Insurance:**
  - 6 Visits with Registered Dietitian
    - Any remaining balance not covered is due
    - 1 postpartum video visit included

**EXERCISE**

- 3 Exercise Consults are included

**BEHAVIOR**

- 6 Behaviorist visits (in-person or video visit) included