## By Design Program Summaries

### Insurance: WFBH Medcost

<table>
<thead>
<tr>
<th>By Design Essentials</th>
<th>By Design OPTIFAST</th>
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<tbody>
<tr>
<td>$544.00</td>
<td>$742.00</td>
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#### SUPPORT
- 24 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, and initial set of labs
  - 5 visits with medical provider included
    - Visits with a medical provider are subject to your specialist co-pay

#### NUTRITION
- 5 visits with registered dietitian included in program fee

#### EXERCISE
- 3 exercise consults included in the program fee
- 6 month membership to a partner fitness center
- 10 (30)-minute personal training sessions included

#### BEHAVIOR
- 6 health behaviorist visits included

Weekly Optifast product cost, average $90, is an additional cost and not included in program fee

#### 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
  - ALL other medical provider clinic visits included in program fee

#### NUTRITION
- 10 Visits with registered dietitian included in program fee

#### EXERCISE
- 5 exercise consults included in the program fee
- 6 month membership to a partner fitness center
- 10 (30)-minute personal training sessions included

#### BEHAVIOR
- 11 health behaviorist visits included