## By Design Program Summaries

### Insurance: WFBH Medcost

#### By Design Essentials

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<th>$544.00 (subject to change)</th>
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#### SUPPORT
- 24 weeks of active program involvement
- Program materials
- Lifetime membership to group classes
- “On Track” (Carium and wireless scale)

#### MEDICAL
- Billed to Insurance:
  - RMR, initial clinic visit with medical provider, and initial set of labs
  - 5 visits with medical provider included in program fee

#### 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

### By Design OPTIFAST

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#### SUPPORT
- 52 weeks of active program involvement
- Program Materials
- Lifetime OPTIFAST group member
- “On Track” (Carium and 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
- 6 Visits with registered dietitian included in program fee

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

#### BEHAVIOR
- 5 health behaviorist visits included