### Insurance Billed By Design Essentials

| Price | $480.00 (Payment plans available) |

#### SUPPORT
- 24 weeks of active program involvement
- Program materials
- Weekly support group*
- “On Track” (Carium and wireless scale)
- Billed to Insurance:
  - Ongoing remote support through On Track remote monitoring system (procedure codes: 99453, 99454)

#### MEDICAL
- Billed to Insurance:
  - RMR, initial clinic visit with medical provider, and initial set of labs
  - 5 visits with a medical provider
    - Visits with a medical provider are subject to your specialist copay

#### NUTRITION
- Billed to Insurance:
  - 5 visits with registered dietitian

#### EXERCISE
- 3 exercise consults included in the program fee
- 4 (30)-minute personal training sessions included in the program fee

#### BEHAVIOR
- 3 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 Essentials

| Price | $1375.00 (Payment plans available) |

#### SUPPORT
- 24 weeks of active program involvement
- Program materials
- Weekly support group*
- “On Track” (Carium and wireless scale)
- Billed to Insurance:
  - Ongoing remote support through On Track remote monitoring system (procedure codes: 99453, 99454)

#### MEDICAL
- Billed to Insurance:
  - RMR, initial clinic visit with medical provider, and initial set of labs
  - Initial medical provider visit is subject to your specialist copay

Once in program, ALL other medical provider visits included in program fee

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

#### EXERCISE
- 3 exercise consults included in the program fee
- 4 (30)-minute personal training sessions included in the program fee

#### BEHAVIOR
- 3 health behaviorist visits included in the program fee

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*some group classes are subject to an additional fee*