## By Design Program Summaries

### Insurance Billed By Design Essentials

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$750.00</td>
<td>(Payment plans available)</td>
</tr>
</tbody>
</table>

#### SUPPORT
- 52 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
  - 7 visits with a medical provider
    - Visits with a medical provider are subject to your specialist copay

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

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

#### BEHAVIOR
- 5 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

<table>
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<th>Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>$2400.00</td>
<td>(Payment plans available)</td>
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</table>

#### SUPPORT
- 52 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
- 6 visits with registered dietitian included in program fee

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

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

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2023

*some group classes are subject to an additional fee*