

Insurance: Atrium Health Wake Forest Baptist Medcost

By Design Essentials
\$150.00 (subject to change)
<p>SUPPORT</p> <ul style="list-style-type: none"> ❖ 52 weeks of active program involvement ❖ Program materials ❖ Weekly support group* ❖ “On Track” (Carium and wireless scale)
<p>MEDICAL</p> <ul style="list-style-type: none"> ❖ Billed to Insurance: <ul style="list-style-type: none"> ➢ RMR, initial clinic visit with medical provider, and initial set of labs ➢ All other medical provider clinic visits included in program fee
<p>NUTRITION</p> <ul style="list-style-type: none"> ❖ 6 registered dietitian visits included in program fee
<p>EXERCISE</p> <ul style="list-style-type: none"> ❖ 4 exercise consults included in the program fee ❖ 6 month membership to a partner fitness center ❖ 10 (30)-minute personal training sessions included
<p>BEHAVIOR</p> <ul style="list-style-type: none"> ❖ 5 health behaviorist visits included

By Design OPTIFAST
\$150.00 (subject to change)
<p>Weekly Optifast product cost, average \$90, is an additional cost and not included in program fee</p>
<p>SUPPORT</p> <ul style="list-style-type: none"> ❖ 52 weeks of active program involvement ❖ Program Materials ❖ Weekly support group* ❖ “On Track” (Carium and wireless scale)
<p>MEDICAL</p> <ul style="list-style-type: none"> ❖ Billed to Insurance: <ul style="list-style-type: none"> ➢ RMR, initial clinic visit with medical provider, initial set of labs, and EKG ➢ ALL other medical provider clinic visits included in program fee
<p>NUTRITION</p> <ul style="list-style-type: none"> ❖ 6 registered dietitian visits included in program fee
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<p>BEHAVIOR</p> <ul style="list-style-type: none"> ❖ 5 health behaviorist visits included