**By Design Program Summaries**

**Insurance:** Atrium Health Wake Forest Baptist Medcost

### By Design Essentials

<table>
<thead>
<tr>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>$150.00 (subject to change)</td>
<td></td>
</tr>
</tbody>
</table>

#### SUPPORT
- 52 weeks of active program involvement
- Program materials
- Weekly support group*
- “On Track” (Carium and wireless scale)

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

#### NUTRITION
- 6 registered dietitian visits 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

### By Design OPTIFAST

<table>
<thead>
<tr>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>$150.00 (subject to change)</td>
<td></td>
</tr>
</tbody>
</table>

#### SUPPORT
- 52 weeks of active program involvement
- Program Materials
- Weekly support group*
- “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 registered dietitian visits 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

* some group classes are subject to an additional fee