

CGH WEIGHT MANAGEMENT PROGRAM PLAN OPTIONS

	BASIC \$699	ENHANCED \$999	PREMIUM \$1599
DexaFit Scan	✓	✓	✓
Resting metabolic rate testing and analysis			✓
Hidrate Spark Smart Water Bottle (monitors and encourages your water intake)			✓
1 hour consultation with Registered Dietitian Nutritionist	✓	✓	✓
1 hour consultation with Behavioral Coach and Counselor	✓	✓	✓
1 hour consultation with Licensed Physical Therapist and Fitness Consultant	✓	✓	✓
1 hour grocery store visit with the Registered Dietitian Nutritionist			✓
Weekly 10 minute phone calls from each team member: <ul style="list-style-type: none"> Registered Dietitian Nutritionist Behavioral Coach and Counselor Licensed Physical Therapist and Fitness Consultant 			✓
Additional hours divided as you choose in 30 or 60 minute sessions between: <ul style="list-style-type: none"> Registered Dietitian Nutritionist Behavioral Coach and Counselor Licensed Physical Therapist and Fitness Consultant 	3 HOURS	6 HOURS	9 HOURS

We want this program to be as affordable as possible. Your insurance company may help cover the cost of the program. We recommend that you contact your insurance company to determine if you have covered nutrition and behavioral health benefits. Also, flexible spending accounts and health savings accounts can be utilized for these services.

HOW DO I BEGIN TO LEARN MORE OR ENROLL IN THE PROGRAM?

Call **224.407.4400** or email info@compgihealth.com to schedule an appointment with the Nurse Practitioner, Liz Moon.