

WEIGHT MANAGEMENT PROGRAM

THE PROGRAM INCLUDES:

- Metabolic laboratory testing
- Two Styku 3D body scanner analyses
- At home sleep monitor (if needed)
- One-hour consultation with a fitness consultant/physical therapist
- Initial one-hour consultation with nurse practitioner plus two follow up visits
- Initial one-hour consultation with registered dietitian nutritionist
- Initial one-hour consultation with behavioral coach/counselor
- 8 weekly follow up visits split between dietitian and behavioral coach per your preference and needs

REMINDER: all consultations can be done via TELEMEDICINE to improve efficiency and save travel time!

HOW MUCH WILL THIS COST?

- There is an initial \$149 fee to cover the services that are not billed to your health insurance including the 3D body scanner analyses and consultation with the fitness consultant/physical therapist (\$270 value).
- The remainder of the providers and services are individually billed through health insurance. Services are almost always covered by the majority of health insurance plans.

We will clarify your coverage specifics before your first consultation. We just need the phone number on the back of your insurance card in order to obtain insurance coverage information for you.

IMPORTANT POINTS:

- You may be responsible for your contribution to your individual health insurance policy's deductible, coinsurance, and copay. We will try to help clarify your exact responsibilities.
 - A deductible is the amount you pay for health care services before your health insurance begins to pay for services.
 - Coinsurance is your share of the costs of a health care service. It's usually figured as a percentage of the amount allowed to be charged for services. You start paying coinsurance after you've paid your plan's deductible.
 - A copay is a fixed amount you pay for a health care service, usually when you receive the service. The amount can vary by the type of service.
- Flexible spending accounts and health savings accounts can be utilized for the services that are not covered by your insurance.



COMPREHENSIVE
GASTROINTESTINAL HEALTH