

THE INITIAL THREE-MONTH PROGRAM FEE INCLUDES:

- Unlimited weekly Styku 3D **body composition analysis**
- One-hour consultation with a **fitness consultant/physical therapist**
- Initial one-hour consultation with the **psychologist**
- Twice a month thirty-minute consultations with the **psychologist**
- Twice a month thirty-minute check-ins with a **registered nurse** certified in mindfulness-based eating, mindfulness-based stress reduction, and yoga instruction

THE PROGRAM COMPONENTS BILLED TO INSURANCE INCLUDE:

- Metabolic **laboratory testing**
- At home sleep testing for sleep apnea evaluation (if needed)
- Initial one-hour consultation with the **nurse practitioner**
- Monthly follow up consultations with the **nurse practitioner**
- Initial one-hour consultation with the **registered dietitian nutritionist**
- Weekly follow up consultations with the **registered dietitian nutritionist**
- **Additional services** (if necessary):
 - **Continuous glucose monitor** (average co-pay for most commercial insurances is \$35)
 - **Weight loss medications**
 - **Bariatric surgery consultations** (premier bariatric surgeons from Rush University Medical Center can be seen at our Northbrook office)

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

HOW MUCH WILL THIS COST?

- We require an initial **three-month commitment** to the program for **\$1199** (\$1830 value).
 - This fee covers the services that are not billed to your health insurance including the 3D body composition analysis and consultations with the physical therapist, psychologist, and behavioral coach.
- **Subsequent months** will be **\$309** (\$470 value) for ongoing support with:
 - Every other week thirty-minute consultations with the **psychologist**
 - Every other week fifteen-minute check-ins with the **registered nurse** certified in mindfulness-based eating and mindfulness-based stress reduction, as well as being a registered yoga instructor
 - Unlimited weekly Styku 3D **body scanner analyses**
- If you opt for a **six-month commitment** to the program the fee is **\$1999** (\$3240 value)
- If you opt for a **twelve-month commitment** to the program the fee is **\$3499** (\$6060 value)

IMPORTANT NOTE: The remainder of the providers and services are individually billed through health insurance. Services are almost always covered by the majority of health plans, though you may be responsible for your contribution to your individual health insurance policy's deductible, coinsurance, and copay.

IMPORTANT POINTS:

- We will help to clarify the specifics of your health insurance coverage before your first consultation. We just need the phone number on the back of the insurance card in order to obtain insurance coverage information for you.
- **You may be responsible for your contribution to your individual health insurance policy's deductible, coinsurance, and copay.**
 - 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.
- For this program to succeed, you will need a significant amount of motivation and time to commit. Consistently tracking your food intake, adhering to the approximately two provider appointments per week, and having the determination to make behavior changes will be challenging, but we are confident that it will be worth it. Our team can't wait to help you on your journey to improved health and wellness.