

# Doctors' Weight Management Fee Sheet

## *Healthy Solutions® Diet: In-clinic, no medical supervision*

There are two components to the fees for the in-clinic Healthy Solutions program.

1. **Food –**

**HMR Shakes/Entrees (Meal Replacements)** – The average spent on meal replacements is \$115 per week. This will replace your current food costs. You'll purchase these weekly at Sansum Clinic with cash or a credit/debit card. Insurance does not cover the cost of the meal replacements. These are out-of-pocket costs that will vary depending on your food consumption.

**Fruits and Vegetables** - You will also incur costs for your fruits and vegetables (not purchased at Sansum Clinic). Healthy Solutions requires a minimum of 5 daily 1-cup servings of fruits and/or vegetables.

2. **Classes/Coaching** – The cost for classes/coaching is \$100 every 4 weeks. Insurance does not cover the cost of the classes/coaching. The first payment for Classes/Coaching will be due at Week 2, and the second set at Week 5, then every 4 weeks thereafter. The Doctors' Weight Management Program will collect these at the clinic; you may pay with cash, a credit/debit card or your FSA card or HSA card.

Your total cost will vary depending on your food consumption. Your minimum purchase of Meal Replacements required weekly is \$115. (The first purchase minimum is \$145.) The tables below reflect the actual costs for classes/coaching and the **minimum** costs for Meal Replacements.

**Note: The Healthy Solutions Diet does not require medical supervision unless you have diabetes.**

### First 4 weeks of the HMR Healthy Solutions® Diet:

<b>Visits</b>	<b>Minimum Shakes &amp; Entrees (HMR Meal Replacements)</b>	<b>Classes/ Coaching</b>	<b>Weekly Total</b>
Foundations Class			
Week 2 – Start Diet	\$145*	\$100	\$245
Week 3	\$115		\$115
Week 4	\$115		\$115
Total 1 <sup>st</sup> 4 weeks			\$475

\*First meal replacement purchase requirement is higher than the ongoing weeks.

### Ongoing months of the HMR Healthy Solutions® Diet:

<b>Visits</b>	<b>Minimum Shakes &amp; Entrees (HMR Meal Replacements)</b>	<b>Classes/ Coaching (Due every 4 weeks)</b>	<b>Weekly Total</b>
Week	\$115	\$100	\$215
Week	\$115		\$115
Week	\$115		\$115
Week	\$115		\$115
Total Ongoing months			\$560

Prices subject to change.

Payments are not refundable.

2022