

Doctors' Weight Management Fees - HMO

Explanation of Fees:

There are three components to the fees for the in-clinic program.

1. **Food - HMR Shakes/Entrees (Meal Replacements)** – The average spent on meal replacements is \$155 per week (HMR Decision Free® Diet). 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.
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 or HSA card.
3. **Medical Supervision** – This consists of program physician visits and lab work. The cost for your medical supervision depends on the program physician's assessment of your health conditions. Your share of that cost will depend on the frequency of your visits, your co-pay per visit, and your deductible. If you have a deductible that you have not yet met, you will need to satisfy that before your insurance will begin paying.

If Sansum Clinic is designated as your assigned provider, (with your insurance plan) the Doctors' Weight Management Program will collect your co-pay (if you have one). If Sansum Clinic is not in your insurance plan's network or assigned as your provider, please see the "Out of Network" fee sheets. **The average patient is seen by the program physician every 2 weeks.**

Please note that your insurance plan may require a higher co-pay for your visit if you are seeing a specialist. One of the program physicians is a specialist so this may be applicable to you. Check with the program nurse for more information.

Ongoing lab work (also based on the program physician's assessment of your health conditions) will be done at Sansum Clinic (Weight Management). Pacific Diagnostic Labs or Quest Diagnostics will also bill your insurance for blood drawn at Sansum Clinic. There is pre-diet lab work and an EKG required (for Decision Free); these costs may be included in your Primary Care visit prior to joining the program.

See previous page for explanation of fees.

The tables below reflect the average total costs, based on an HMO co-pay of \$20. Your co-pay may vary. Your co-pay may also be higher for a specialist. One of the program physicians is a specialist so this may apply to you.

These are examples only.

First 4 weeks of the HMR Decision Free® Diet:

| Visits | Average Shakes & Entrees (HMR Meal Replacements) | Classes/ Coaching (Due every 4 weeks) | Medical Supervision Patient Responsibility | | Weekly Total |
|-------------------------------|---|--|--|----------------|--------------|
| | | | Physician Visits – HMO | Lab Work - HMO | |
| Foundations Class | | | | | |
| Week 2 – Start Diet | \$205* | \$100 | \$20 | | \$325 |
| Week 3 | \$155 | | \$20 | \$0 | \$175 |
| Week 4 | \$155 | | \$20 | | \$175 |
| Total 1 st 4 weeks | | | | | \$675 |

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

Ongoing weeks of the HMR Decision Free® Diet:

| Visits | Average Shakes & Entrees (HMR Meal Replacements) | Classes/ Coaching (Due every 4 weeks) | Medical Supervision Patient Responsibility | | Weekly Total |
|----------------------|---|--|--|----------------|--------------|
| | | | Physician Visits - HMO | Lab Work - HMO | |
| Weekly | \$155 | \$100 | | \$0 | \$255 |
| Weekly | \$155 | | \$20 | | \$175 |
| Weekly | \$155 | | | \$0 | \$155 |
| Weekly | \$155 | | \$20 | | \$175 |
| Total Ongoing Months | | | | | \$760 |

The tables above reflect the average costs. These are examples only.

Prices subject to change.

Payments are not refundable.

2022

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