

Doctors' Weight Management Fee Sheet – Self-Pay

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. The Doctors' Weight Management Program will collect the full payment for the visit each time you see the program physician. **The average patient is seen by the program physician every 2 weeks.**

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 bill you for blood drawn at Sansum Clinic. There is pre-diet lab work and an EKG required; these costs may be included in the costs for your Primary Care visit prior to joining the program

Please see the following pages for fees that will be due for the Meal Replacements, Classes/Coaching and Medical Supervision.

****Please note:** Medical Supervision Physician Visit fees are due at the time of service.

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The tables below reflect:

Meal Replacements (Shakes, Entrees) - average costs

Classes/Coaching – actual costs

Medical Supervision – average costs

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	Lab Work	
Foundations Class					
Week 2 – Start Diet	\$205*	\$100	\$144.90		\$450
Week 3	\$155		\$108.50	\$50	\$315
Week 4	\$155		\$108.50		\$264
Total 1 st 4 weeks					\$1,027

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

**Please note: Medical Supervision Physician Visit fees are due at the time of service.

Ongoing months 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	Lab Work	
Weekly	\$155	\$100		\$50	\$305
Weekly	\$155		\$108.50		\$264
Weekly	\$155			\$50	\$205
Weekly	\$155		\$108.50		\$264
Total Ongoing Months					\$1,037

**Please note: Medical Supervision Physician Visit fees are due at the time of service.

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

Prices subject to change.

Payments are not refundable.

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