

## Doctors' Weight Management Summary of Costs for In-Clinic Program

There are 3 cost factors:

1. Food (HMR Meal Replacements): Minimum is \$105 per week. Average is \$145.
2. Classes/Coaching: \$100 every 4 weeks

**->>Total for 1) Food + 2) Classes/Coaching = \$700 per month<<-**

3. Medical Supervision for Decision Free diet or Healthy Solutions *Diabetic*:

Doctor Visits + Lab Work, which depends on

- A) Your medical condition(s)
- B) Your insurance

***You will receive a detailed information packet*** on medical supervision fees that are specific to the type(s) of insurance you carry:

- PPO (Sansum in-network)
- HMO (Sansum in-network)
- PPO or HMO (Sansum out-of-network)
- Medicare (+supplement)
- No Insurance/Self-Pay

Healthy Solutions and self-directed non-medically supervised diets: Please ask the instructor for detailed fee sheets.