



VIRTUA MEDICAL WEIGHT LOSS - CORE PROGRAM

Twelve-week intensive lifestyle weight-loss program with a focus on nutrition, behavior and exercise modification.

Program Features:

- A structured and comprehensive program provided by a caring team of medical professionals
- Meal replacements and/or FDA approved medications as a tool to support safe weight loss
- Weekly expert-led workshops with progress checks to help you achieve your goal
- Medical oversight while you safely lose weight
- Individualized meal planning and goal setting with a registered dietitian
- Continuation programs offered to support additional weight loss or weight maintenance

INITIAL VISIT

INSURANCE*

- Medical consultation with physician or advanced nurse practitioner
- Nutrition consultation with a registered dietitian to get you started on the right track
- Body composition analysis to identify hydration, muscle and body fat baseline

*Medical and dietitian consultations billed to insurance. You may need a referral. Copays apply.

*Fee if dietitian consult not a covered benefit: **\$42-126**

MONTH 1

\$100*

- Four expert-led workshops and weekly progress checks to keep you accountable and on track
- One-week pass to try out one of the Virtua Centers for HealthFitness for free

*Does not include cost of meal replacements if applicable

MONTH 2

\$100*

- Registered dietitian session to assist with meal planning and track progress towards goals
- Four expert-led workshops and weekly progress checks to keep you accountable and on track

*Dietitian sessions billed to insurance. You may need a referral. Copays apply.

*Additional fee if dietitian visit is not a covered benefit: **\$72**

***Does not include cost of meal replacements if applicable**

MONTH 3

\$100*

- Registered dietitian session to assist with meal planning and next steps
- Four expert-led workshops and weekly progress checks to keep you accountable and on track
- Body composition analysis to assess your progress (\$25 value)

*Dietitian sessions billed to insurance. You may need a referral. Copays apply.

*Additional fee if dietitian visit is not a covered benefit: **\$72**

*** Does not include cost of meal replacements if applicable**



VIRTUA MEDICAL WEIGHT LOSS - CORE PROGRAM +PLUS

MEAL REPLACEMENT OPTION

\$75-\$100/WEEK*

This modified ketogenic program utilizes nutritionally complete meal replacements as the main source of nutrition.

- **Available only when combined the 12-week Core Program**
- Meal replacements are part of a modified very low calorie, low carbohydrate, high protein diet:
Three to four meal replacements a day and a meal consisting of lean protein and non-starchy vegetables provides approximately 900-1000 calories and 55 g carbohydrate/day (individual calorie goals and plans vary)
- BMI of 27kg/m² with a medically-monitored, obesity-related medical condition OR a BMI of 30kg/m² is the minimum requirement

*Cost of meal replacements varies depending on selections and calorie goal recommendation.

WEIGHT LOSS MEDICATION OPTION

INSURANCE*

FDA approved prescription medications are a tool to aide in weight loss or weight maintenance when appropriate.

- **Available only when combined with 12-week Core Program** to support nutritional and lifestyle changes needed to achieve or maintain a healthy weight
- Physician or advanced practitioner visits are mandatory every 4 to 6 weeks unless otherwise prescribed
- Quarterly dietitian visits are required
- After completion of the 12-week Core Program, clinicians will navigate patients to next appropriate step
- BMI of 30kg/m² is the minimum requirement

*Medication costs may vary based on individual insurance coverage.
Please contact your prescription insurance carrier to confirm coverage of weight-loss medications.

A LA CARTE OPTIONS

DIETITIAN VISITS

*INSURANCE

- **Available as stand-alone option or in combination with other Virtua weight-loss programs.**
- Your insurance may cover registered dietician visits. A referral may be required and copays may apply.
If your insurance plan does not cover, costs are: \$126-\$168 (initial visit), \$72-\$108 (follow-up visits)

BEHAVIORIST VISITS

*INSURANCE

- **Available only as an add-on for patients participating in the Core Program or a continuation program.**
- Insurance may cover psychologist visits. A referral may be required and copays may apply.

BODY COMPOSITION TESTING

\$25

- **Available as stand-alone option or in combination with other Virtua weight-loss programs.**
- Four-point segmental body composition testing to help you understand your progress on a deeper level
 - Provides accurate personalized insight into muscle, fat and hydration status.



VIRTUA MEDICAL WEIGHT LOSS - CONTINUATION PROGRAM

Losing the weight is just the start. Get the support and accountability to help keep it off. Virtua's Continuation Program offers support for further weight loss or weight maintenance. You can choose a weekly or bi-weekly option. To ensure success, dietitian follow-up visits are required AT LEAST quarterly.

WEEKLY OPTION

\$100/MONTH

- Four expert-led workshops per month and weekly progress checks to keep you accountable and on track
- *Does not include the cost of meal replacements if applicable

BI-WEEKLY OPTION

\$50/MONTH

- Two expert-led workshops per month with progress checks to provide support for weight loss maintenance
- *Does not include cost of meal replacements if applicable

A LA CARTE OPTIONS

DIETITIAN VISITS

*INSURANCE

- **Available as stand-alone option or in combination with other Virtua weight loss programs**
- Your insurance may cover registered dietitian visits. A referral may be required and copays may apply. If your insurance plan does not cover, costs are: \$126-\$168 (initial visit), \$72-\$108 (follow-up visits)

BEHAVIORIST VISITS

*INSURANCE

- **Available only as an add-on for patients participating in the Core Program or a continuation program.**
- Insurance may cover psychologist visits. A referral may be required and copays may apply.

BODY COMPOSITION TESTING

\$25

- **Available as stand-alone option or in combination with other Virtua weight loss programs**
- Four-point segmental body composition testing:
 - Provides accurate personalized insight into muscle, fat and hydration status
 - Helps you understand your progress on a deeper level