

# HEALTHY MEASURES

## Weight Management Program Overview

Thank you for your inquiry about our program!

**Below are the three main components of the program:**

### 1. PHYSICIAN VISITS

Our physician will focus on the medical approach to helping you lose weight. This may include: prescribing weight loss medication and/or reviewing medication(s) that you are taking that may cause weight gain. The physician will also determine if there are other underlying causes for weight gain. This will be discussed in detail during your initial and follow-up visits.

### 2. DIETITIAN VISITS

Our dietitian will work on a meal plan based on your personal needs, which may include: meal replacements such as protein shakes and protein bars (which can be purchased in our office) or a healthy meal plan that is tailored for you.

### 3. WEIGH-INS

In between your nutrition and/or physician visits, we will have you come in for regular weigh-ins. These visits are optional but can provide you with accountability and support. Both are key to successful weight loss. This will also be a great opportunity to have any questions or concerns answered.

## Program Criteria Qualifications

Your **initial** consult with the physician **WILL** be covered under insurance if your BMI (body mass index) is **greater than 30**. However, insurance coverage for **follow-up** visits with the physician will be determined at your initial consult based on obesity-related medical conditions.

All patients are **REQUIRED** to see our dietitian. Patients with a **BMI less than 30** will **initially** be seen by our dietitian. A referral to the physician will be determined by the dietitian during the course of treatment. We require updated labs (CBC, CMP, lipid panel, TSH, Hba1c, insulin, Vitamin D) within 6 months of your consult.

## Self-Pay Fees and Insurance Information

<b>Dietitian:</b>	Initial consult:	\$128.00	<b>Physician:</b>	Initial consult:	\$250.00
	Follow up:	\$56.00		Follow up:	\$135.00

It is important that you contact your insurance company about coverage for **nutrition services**. You will need to find out if **Jennifer Schaeffer, RD** or **Jamie Feit, RD** are covered and how many nutrition visits are allowed during the calendar year. Please see below for insurance information. If your insurance does not cover this service, the visits will be billed according to our self-pay fee schedule (see below).

Information you may need before you call the insurance company about our dietitian:

**Initial Consult:** CPT Code: 97802    **Follow up:** CPT Code: 97803

DIAGNOSIS	ICD-10	DIAGNOSIS	ICD-10
SLEEP APNEA	G47.30	METABOLIC SYNDROME	E88.81
HYPERTENSION	I10	DIABETIC	E11.9
HIGH CHOLESTEROL	E78.5	OVERWEIGHT	E66.3
FATTY LIVER DISEASE	K76.0	OBESITY	E66.9
POLY-CYSTIC OVARIAN DISEASE	E28.2	MORBID OBESITY	E66.01
INSULIN RESISTANCE	E88.81	PREVENTATIVE CODE	Z71.3
CORANARY ARTERY DISEASE	I25.10		

Please see insurance ID information for **Jennifer Schaeffer, RD** below:

AETNA	9199648	HIP	863588P
AMERIGROUP	182557	MAGNACARE	133884168
BLUE CROSS/BLUE SHEILD	071DD2	MULTIPLAN	133884168
CENTERLIGHT	13-3881468	NY MEDICARE	A400062641
CIGNA	4470169	OXFORD	P4227948
EMPIRE	133884168	POMCO	133884168
FIRST HEALTH	133884168	UNITED HEALTH CARE	133884168
GHI PPO	1616693		
HHH CHOICES	1831491943		

Please see insurance ID information for **Jamie Feit, RD** below:

AETNA	7769485	GHI PPO	4706720
AGEWELL	133884168	HIP	1540667P
ARCHCARE	133884168	MAGNACARE	133884168
BLUE CROSS BLUE SHEILD	184DF2	MEDICARE (NY ONLY)	A400144583
CARECONNECT	133884168	MULTIPLAN	133884168
CENTERLIGHT	133884168	MVP COMMERCIAL	133884168
CIGNA	839989	OXFORD	P5442149
EMPIRE	133884168	POMCO	133884168
FIRST HEALTH	133884168	UNITED HEALTH CARE	133884168

- Please ask how many visits are covered per calendar year.
- Medicare patients: **Medicare will only cover the dietitian if you are diabetic and have a BMI of 35 or more**, but you should still call to ask. Pre-diabetes with a BMI of 35 or greater is not covered.

**NO SHOW POLICY:** In order to provide our patients with as much access as possible, it is important that you let us know as far in advance as you can before any appointment you will not be able to make. For this reason, if you **cancel** your appointment with less than **24 hours** notice or **do not show up** for your scheduled appointment with the doctor or dietitian, you will be charged 50 percent of the self-pay fees regardless of your insurance coverage.

**After obtaining the information provided, please call (914) 831-4121.**