



### **Program definition and Cost Structure:**

Health Transitions Clinic is a physician directed weight management program for the purpose of treating chronic medical diseases including Type 2 diabetes mellitus, hypertension, obstructive sleep apnea, chronic GERD, fatty liver, chronic back pain and degenerative arthritis, and other chronic diseases.

The Key components of this program are a very aggressive low carbohydrate diet, combined with very close monitoring, frequent re-evaluations of medical needs, and reductions in medications at appropriate times to allow maximum ability to lose weight. An exercise component is introduced later in the program in order to maximize the likelihood of long-term success. Throughout the 40 week program you will be seen and re-evaluated either by the clinic nurse, the dietitian or physician weekly. ***These weekly visits are necessary for accountability, to adjust medications, and to ensure that any inter-current problems are addressed in a timely manner.***

The Health Transitions Clinic program is a very labor intensive program. It combines health coaching, a structured diet program, and supervised exercise with close medical supervision. Substantial and dramatic changes in lifestyle will often lead to marked changes in need for prescription medications. Only by marrying the lifestyle change (typically non-covered services) with close medical supervision (covered by health insurance) can many people achieve better health, utilizing less medications.

### **Cost Structure:**

1. **Initial Complete Consultation:** A Standard complete history and physical performed by Dr. Pruchno marks the formal entry to the program. This is a high level complete evaluation, and typically requires 1.5 hours. This will be charged to your medical insurance carrier. Typical deductibles and co-pays apply.
2. **Health Transitions Clinic Program Fee: \$1,500.** This fee includes the program cost, scale, and Fitbit. The full program cost is payable either at registration for the program, or prior to the first group meeting. Participants are eligible to use their flex spending account or HSA if available. This fee is not payable by insurance carriers and an insurance claim will not be filed. A partial refund may be available for early withdrawal from the program. A 30% refund will be given for withdrawal before the third group meeting (week 6), and a 15% refund before the fourth group meeting (week 10). Refunds are contingent upon all previous out-of-pocket being paid by the patient. No refunds are available for the scale and Fitbit and no refunds are available after 10 weeks.
3. **Group Meetings:** Each group meeting is combined with personal one on one evaluation and management with the physician that will be billed to insurance, deductibles and co-pays apply. Blood pressure, home monitored blood sugars, and other medical issues will be addressed during these sessions. ***Your medical insurance will be billed for these services. You are financially responsible for any co-payment, coinsurance or deductible amounts for these services as determined by your individual insurance carrier.***



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HEALTH TRANSITIONS CLINIC  
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4. **Weekly Nurse Visits:** All patients will have weekly nurse visits to review home readings, take blood pressure, download glucose meter, check weight, and address any medical concerns or challenges patients are having with diet. These meetings can be relatively quick and simple, or quite complex, depending on whether you have medical issues, or struggles. These sessions are ALWAYS reviewed with the physician. *Your medical insurance will be billed for these services. You are financially responsible for any co-payment, coinsurance or deductible amounts for these services as determined by your individual insurance carrier.*

### Patient Financial Responsibility

- Program cost- Payable in full prior to the first group meeting  
.....\$1,500.00  
This program fee covers the cost of the ten scheduled group sessions, including cooking demonstrations, and food samples, extensive access to our full time dietitian/chef, anytime access to the physician director. A digital scale and fitbit are provided, as well as a session with our athletic trainer and resistance bands. All participants are given a copy of the book “Why we get Fat” by Gary Taubes, and a copy of the Calorie King book. Additionally, all participants who graduate from the program are given a personalized meal plan/cook book.
- Covered evaluation and management fees will be charged to your insurance carrier. **The patient is responsible for any co-payment, or deductible amounts as determined by your insurance carrier:**
  - Physician fees will be charged for the individual one to one evaluation and management portion of the eight group sessions. These are covered by all standard insurance carriers. The typical charge for these meetings range from \$63 to \$157, depending on the level of care provided.
  - Throughout the program, you will meet weekly with a nurse to assist you with program questions, adjust medications, and ensure that any health issues are addressed in a timely manner. These visits are all reviewed by the physician, and physician input is delivered back to the patient. Our standard charge for these meetings is \$41, however, this is subject to your insurance carrier, and is typically significantly less (\$19-33). Again, co-payments and deductibles apply.



**Non-covered services included in the program:**

1. Ten 2 hour group sessions focused on lifestyle changes. Sessions include walk-through cooking demonstrations, extensive group and individual diet counseling focused on low carbohydrate living. Meal preparation and menu generation leading to participants being able to change their consumption pattern. Behavior modification focused on enabling change of complex food related behaviors. One session, devoted to exercise utilizes personal trainer to initiate further lifestyle changes related to exercise.
2. Each participant receives a copy of the book “Why we get Fat” by Gary Taubes, and a copy of the Calorie King book.
3. Each participant receives a Fit Bit tracker with monitoring through community board and group activities to help promote gradual changes in activity.
4. Each participant is given a digital scale, with the expectation that they monitor weights regularly.
5. Each participant is given substantial access to nurse and dietitian for problem solving, meal planning.
6. All participants have access to grocery store tours (at nominal charge aimed at insuring attendance).
7. All participants receive weekly recipes, and are encouraged to meet individually with the dietitian to personalize the meal planning as much as possible.
8. All participants will have prolonged dietitian visit aimed at preparation of personalized meal plan/cookbook. The personalized cookbook is given to each participant at conclusion of the program.

## **Is This Really Worth The Cost?**

### **An expensive condition**

Even for those of us with Cadillac health care plans, having chronic illnesses is expensive. And if obesity leads to the development of several chronic health conditions including type 2 diabetes, obstructive sleep apnea, hypertension, hypercholesterolemia and chronic arthritis, you could easily spend thousands of dollars yearly on medications and devices.

If you have type 2 diabetes, you know the pharmaceutical companies are spending millions of dollars trying to sell you very expensive medications. And if you require insulin, you very quickly become aware of the fact that insulins are not available in generic form, and a vial of insulin will cost \$300. Because type 2 diabetes is characterized by insulin resistance, the chances are that when insulin is used, the necessary doses will be very high, requiring several vial of insulin monthly.

### **Results**

For those patients on insulin or multiple pills for diabetes, the changes we make in your diet will yield benefits in reducing medications within days to weeks. Many of our patients have commented that they saved so much on drug costs that it more than paid for the program within the first three months.

For those individuals who are not yet on medications, the improvements in health brought about by sustained weight loss will prevent the need to start on medications.

### **Cost**

The average out of pocket cost for the program is approximately \$2000. This cost pales in comparison to the out of pocket cost for a knee replacement, epidural injections for back pain, or the costs of bariatric surgery.