

CHIP Program Summary

Item	Description	Amount Due	Due
<u>1</u> Curriculum Kit: <ul style="list-style-type: none"> Received at CHIP Session 1 	<ul style="list-style-type: none"> <i>Learn More</i> Textbook <i>Live More</i> Workbook <i>Eat More</i> Cookbook <i>Move More</i> Pedometer <i>Drink More</i> Water Bottle 	\$300	At registration.
<u>4</u> Individual Lifestyle Consultations with a Medical Provider: <ol style="list-style-type: none"> Approximately 3-4 weeks prior to CHIP Approximately 1-2 weeks prior to CHIP Approximately 8-9 weeks after beginning CHIP Approximately 16-17 weeks after beginning CHIP 	Approximately 30 – 60 minute one-on-one visit with a medical provider: <ul style="list-style-type: none"> Medical History Vital Signs Laboratory Review Medication Review Lifestyle and Dietary Evaluation Lifestyle Counseling Goal Setting/Review 	*Your plan's specialist co-pay or deductible.	At time of service.
<u>3</u> Lab Draws	Baseline, and 2 follow up lab draws: <ul style="list-style-type: none"> Fasting Glucose HbA1c Lipid Panel includes: <ul style="list-style-type: none"> Total Cholesterol HDL/LDL/ratios Triglycerides 	RLM does not perform lab draws. Labs will be drawn at the local lab of your choosing. Your plan's co-pay or deductible may apply. Contact your health insurance provider and local lab for information.	Contact your local lab for details.
<u>18</u> Group Provider Visits: <ul style="list-style-type: none"> Sessions 1-18 of CHIP 	Approximately 15 - 30 minutes in a group setting with a medical provider: <ul style="list-style-type: none"> Lifestyle Counseling 	*Your plan's specialist co-pay or deductible.	Billed monthly.
ClubCHIP: <ul style="list-style-type: none"> Begins after CHIP Session 1 Membership continues month-to-month after completing CHIP 	Weekly CHIP group support program. Meetings are held every Thursday at the RLM office at 9:30 am and 6:30 pm. . Weekly attendance is recommended, minimum attendance 1 meeting per/mo.	\$19/month or \$209/year. Not currently covered by health insurance.	Billed monthly or annually.
Additional RLM events and programs	Misc. programs such as cooking, lectures, group counseling/coaching, etc.	Charges vary per event. Some offerings may be covered by insurance.	At registration.

* RLM rate sheet and self-pay rate sheet is available upon request for uninsured patients, self-pay patients, and/or self-funded employers.