

Plan by Plan Insurance Estimates

Call your plan to learn specifically what is covered for you. See below for general coverage.



- + Typically covers between 6 and 26 visits per year
- + Usually there is no copay but occasionally a member will owe between \$20-45 per visit
- + People with a high BMI and/or chronic health conditions are eligible for more visits.



- + Typically covers 6 visits per year
- + Sometimes will cover beyond 6 visits, this is highly variable by plan
- + Typically there is no co-pay and no need to meet a deductible. Visits covered at 100%



Cigna

- + Typically covers between 3 and 6 visits per year
- + There may be a copay between \$15-30
- + Virtual counseling is covered



United

- + Varies widely by plan but typically some visits are covered
- + Coverage increases for people with a high BMI and a condition such as high cholesterol, blood pressure or blood sugar.



Medicare

- + Fully covered visits for patients with a diagnosis of diabetes or kidney disease
- + Will need a referral from your doctor