



Virginia Weight & Wellness

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6 WEEK VLCD PROGRAM OVERVIEW AND COST

(Based on baseline weight ≤ 250 lbs) = 5 servings or 800 calories per day

	PRE	6 WEEKS ACTIVE WEIGHT LOSS - FULL MEAL REPLACEMENTS						
Services	Pre	wk-1	wk-2	wk-3	wk-4	wk-5	wk-6	6 WEEK TOTAL
Physician H & P / physician intake	\$200.00							\$200.00
EKG	included							included
Lab Work (via insurance)	x		x		x		x	via insurance
Clinic Visit (MD or nurse)		\$30.00	\$30.00	\$30.00	\$30.00	\$30.00	\$30.00	\$180.00
OPTIFAST Servings Per Week		35	35	35	35	35	35	210
OPTIFAST Food Cost (\$3.25/serving)		\$113.75	\$113.75	\$113.75	\$113.75	\$113.75	\$113.75	\$682.50
	\$200.00	\$143.75	\$143.75	\$143.75	\$143.75	\$143.75	\$143.75	\$1,062.50

*** If you are already established as a patient in the clinic = **\$862.50**

*** This includes all your clinic and food costs for 6 weeks

The number and cost of the weekly meal replacements differ based on your baseline starting weight

If your starting weight is < 250 then typically 5 servings per day = 800 calories/day

If your starting weight is 250-299 then typically 6 servings per day = 960 calories/day

If your starting weight is 300-349 then typically 7 servings per day = 1120 calories/day

If your starting weight is 350-399 then typically 6 servings per day + 300 calorie meal = 1280 calories/day

If your starting weight is ≥ 400 then typically 7 servings per day + 380 calorie meal = 1500 calories/day

* Note that this is an initial estimate/forecast and your cost, servings, and calories may change depending on your clinical picture