

Allina Health | What does OPTIFAST cost?

[MUSIC PLAYING]

Your provider visits within the OPTIFAST program, as well as any labs and an EKG, will be billed to your insurance. Your dietitian visits will also be billed to your insurance. But you actually are responsible for any charges that are not covered by your insurance plan. This could include co-pays or deductibles. It is your responsibility to understand your insurance coverage.

Insurance doesn't cover the cost of the meal replacements, but you have to remember that you won't be having to pay for food, groceries, your meals out, and your beverages out. The average cost of OPTIFAST is between \$3 and \$4 per meal.

Keep in mind it's about the quality of your diet. OPTIFAST is not just a protein shake. It offers complete nutrition, giving you 100% of the daily value of most vitamins and minerals.