

MY DIABETES DIETITIAN, INC

Welcome! We are glad you have made the decision to improve your health. Please be patient with yourself and understand effective lifestyle change and establishing new habits takes time. Evidence-based medicine shows a **6 month** commitment is needed to shape new behaviors. We pledge to provide personal coaching and motivation through this process. I will be available via email and telephone in between appointments to further support your efforts.

WHAT TO EXPECT:

INITIAL CONSULTATION: We will establish rapport, review medical history and discuss personal goals. Initial meal planning with an individual approach will be discussed and doable tips provided to get started. (\$99 OUT OF POCKET)

MEAL PLANNING VISIT: You will receive your personal meal plan developed by your Registered Dietitian, review progress and set future customized goals. (45 minutes) (\$74-OUT OF POCKET)

FOLLOW UP SESSIONS: Additional consultations will focus on fine-tuning, problem solving and additional meal planning. (30 minutes) (\$49-OUT OF POCKET)

◆INSURANCE MEMBERS:◆

WE WILL FILE INSURANCE ON YOUR BEHALF **ONLY** IF WE PARTICIPATE WITH YOUR INSURANCE COMPANY. PLEASE UNDERSTAND YOU ARE RESPONSIBLE FOR WHAT INSURANCE DOES NOT COVER. QUOTING OF BENEFITS IS NEVER A GUARANTEE OF PAYMENT.

Office Contact Information

704-846-7105

119 South Trade Street, Matthews NC 28105

Suite 107

Your signature below indicates that you have read this policy and agree to its terms

Client Signature

Date