

## 2012 Client Fee Schedule (*revised 3/12*)

### Individual and Group Nutrition Consultations and Services

#### New Client Session (Medical Nutrition Therapy and Weight Reduction)

Initial Visit -\$250.00 (2 hours; includes one month access to online Nutrihand food tracker)

#### Individual Follow-Up

60 minutes	-	\$125.00
45 minutes	-	\$ 95.00
30 minutes	-	\$ 65.00
20 minutes	-	\$ 45.00

#### SenseWear Armband Rental for Metabolic Assessment (\$500.00 initial charge)

-\$105.00 (1 week) rental charge

-\$400.00 replacement cost which is refundable upon return of operable equipment

This piece of cutting edge technology takes the guess work out of determining your calorie requirements. Currently, a metabolic assessment is available. Rental charges are on a weekly basis. The client wears the armband for 5-7 days 24 hours per day. The computer gathers data and is able to determine your overall calorie requirements. The data is downloaded into a computer program, and the client is able to see how many calories are burned through the day and for what activities. Sleep efficiency is also assessed. This rental requires a brief meeting with the dietitian to pick up the armband, and the armband must be returned in person to process the refund. A report will then be generated for the client.

#### Phone Consults

Phone consult fee schedule is the same as above.

#### New Family Consultations (2-4 family members)

Initial Visit	-	\$325.00 (2 hours)
Follow-up Visit	-	\$165.00 (60 minutes)

#### Family Follow-up

45 minutes	-	\$125.00
30 minutes	-	\$ 85.00

#### Nutrition, Medical Nutrition Therapy, and Lifestyle Coaching Packages

These nutrition appointment packages provide a significantly **reduced** rate to clients ready to commit to a healthier diet and lifestyle. Please note that there are **no refunds** available for pre-paid packages, should you discontinue nutritional counseling prior to utilizing all appointments.

Initial Visit (2 hours) + 3 Follow-Up Visits) (Follow-up appointments are 30 minutes)	\$370.00 (\$70.00 savings)
2 Follow-up Visits (30 minutes)	\$115.00 (\$15.00 savings)
4 Follow-up Visits (30 minutes each)	\$205.00 (\$55.00 savings)
6 Follow-up Visits (30 minutes each)	\$275.00 (\$115.00 savings)

**Nutrition Basics Appointment**

Confused about what to be eating? Here is your opportunity to have a private nutrition coaching session. No food guide pyramid topics here, just current facts about healthy eating and how to make it work with your own busy lifestyle. This appointment is perfect for all ages from children to older adults.

60 minutes - \$130.00  
 60 minutes - \$165.00 (2 family members)

**Age Management Consultation**

Have your food intake computer analyzed for a 3-day period and find out which foods to eat for healthier aging. When appropriate, nutritional supplement use is also discussed.

75 minutes - \$165.00

**Dietary Supplement Evaluation**

Bring in your current supplements and your questions! This consultation will help you clarify what may be helping you or harming you. This 45 minute session can help you make better and safer supplement selections and in the long run save you money!

45 minutes - \$ 115.00

**Other Services****-Corporate Wellness Programs**

Rates vary. Please call to discuss your corporate requirements and a quote will be provided.

**-Speaking Engagements**

Rates vary for corporate presentations. Please call to indicate your topic of interest and date you require a speaker.

**-Grocery Shopping Tours**

A nutrition consultant is available to meet you at your favorite grocery store. Share the fee with family members, organizations, or group of friends and split the fee!

60 minutes - \$120.00

**-Kitchen Makeovers**

Have an expert evaluate your current food choices in the privacy of your own kitchen! Find out what should be tossed, salvaged, and added to your pantry, freezer, and refrigerator and why! A healthy diet starts with a healthy kitchen.

60 minutes - \$120.00  
 45 minutes - \$ 90.00