

WHAT TO EXPECT FROM A CONSULTATION AT NUTRIFUNDI

Thank you for contacting NutriFundi, we are excited to assist you. Please read the information below, and let us know if you require any additional information.



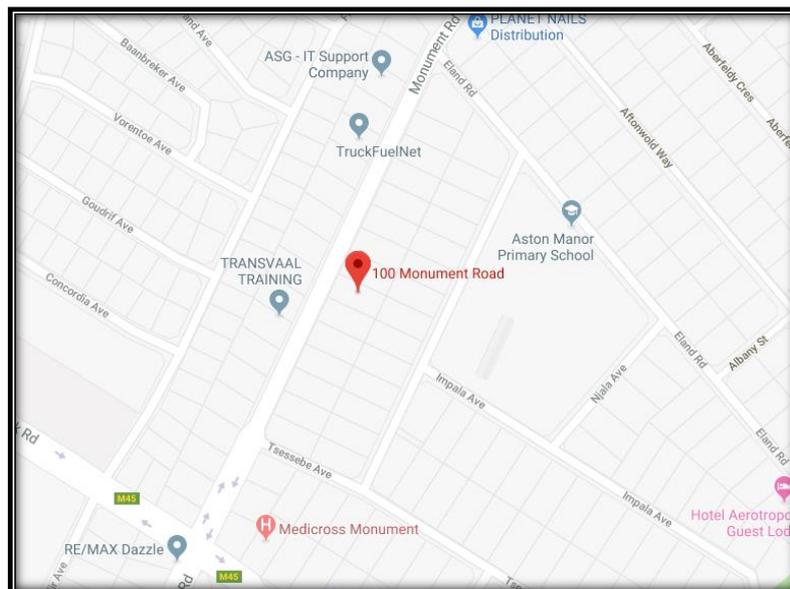
1. Different payment options:

NutriFundi have the following payment options available:

- Cash
- Card facility (YOCO machine)
- EFT – If you decide to make use of this option, please ensure that you make payment prior to your appointment and send your proof of payment to **chanelle@nutrifundi.co.za**.
(Banking details: NutriFundi, First National Bank (FNB), Cheque account, 62680510099, Branch code: 250655)
- All fees are payable (card or cash) by the patient at the consultation (all fees are within the standard medical aid rated and can be claimed back. See “medical aid procedure” below.

2. Venue for consultation and available consultation hours:

The dietitian is available for consultation at 100 Monument Road in Kempton Park. We are available during office hours, as well as after hours on some days. We also do offer consultation slots on some Saturday mornings. We do however work on appointment basis, please phone or email us to book your slot.



"Let your Lifestyle be your Legacy..."

Chanelle Retief - Dietitian

BSc. Dietetics (NWU) / M.Dietetics (UP)

084 645 4820

chanelle@nutrifundi.co.za

3. Medical aid procedure:

All fees can be claimed back from the medical aid after the consultation by the patient. The dietitian will provide the patient with a receipt after the consultation. An invoice will be sent via email within 1 – 2 days after the consultation with the respective treatment codes and ICD10 codes. It is the patient's responsibility to send both these documents to the medical aid. The medical aid will reimburse you accordingly. If you are struggling with the payment, or if the medical aid requires anything extra from NutriFundi, please feel free to contact us at chanelle@nutrifundi.co.za.

4. Discovery Vitality Points:

All patients that are on the Discovery Vitality Loyalty system will receive a 1000 points after visiting the dietitian (applicable to first consultations only). The patient will need to submit both documents discussed under "medical aid procedure" to Vitality in order to obtain these points. If you are struggling, or if Vitality requires anything extra from NutriFundi, please feel free to contact us at chanelle@nutrifundi.co.za.

5. What should I bring with?

Please bring the following with to your first consultation (if you don't have the following, don't worry about it – just bring it with if you do have it available).

- Medical aid details
- All recent (within 12 months) blood tests
- All G-scope and C-scope results
- Any referral letters from your doctor
- A list of medication that you are taking every day
- A list of supplements that you are taking every day
- Sport specific supplements that you are taking

6. Important to remember with regards to the InBody® 120 Scale

The InBody® scale is very sensitive, please keep the following in mind.

- Do not eat a big meal for at least 2 hours prior to weighing
- Please use the bathroom prior to the consultation
- Do not exercise prior to the consultation
- Do not take a hot shower or use a sauna prior to the consultation
- Do not wear heavy clothes
- Please take off all metal accessories

Women that are currently on their menstrual cycle will get inaccurate results (please keep this in mind).

Individuals with implanted defibrillators or pacemakers cannot be weighed on the InBody® scale.

Although the InBody® scale is safe to use in pregnant women, the results that will be obtained will be inaccurate and of little use.


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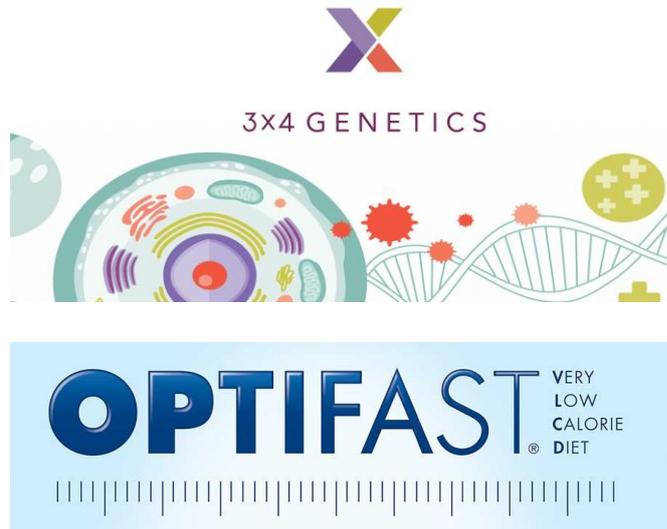
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7. 3X4 Genetics, OptiFast and Cell Restore products

NutriFundi have partnered with other companies to provide you with a full range of services. We do offer 3x4 genetic testing and interpretation, we are accredited with the Nestle OptiFast program and we also offer Cell restore individualized micronutrient analysis and supplementation.

If you require any of these services, please tell us in advance, as we have to order stock from the companies.



8. Important notice:

If you arrive late for your appointment, your appointment will still finish at the time that it was supposed to finish. If you arrive more than 15 minutes late for your appointment, the dietitian will unfortunately be forced to rebook your appointment.

Please try to arrive in time for your appointment.