

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)
- Fees can be claimed from your medical aid. If your medical aid does not cover the consult, NutriFundi will send you an invoice, which you will be liable for.

2. Venue for consultation and available consultation hours:

The dietitian is available for consultation at two different locations in Kempton Park and 1 location in Springs.

Kempton Park (Main office)	Kempton Park (secondary office)	Springs
3B Vlei St, Glen marais, Kempton Park, 1619	Crossfit Kempton 14 Dann Rd, Kempton Park AH, Kempton Park, 1619	Crossfit RAG 3 Pienaar St, Selection Park, Springs, 1559

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:

NutriFundi is contracted in by most medical aids, and thus we can send in the claims to your medical aid on your behalf.

However, if the consultation is not paid for by your medical aid – the patient will be liable. (An invoice will be sent via email)

{A consent form in this regard will be signed when visiting the practice for the first time.}

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).

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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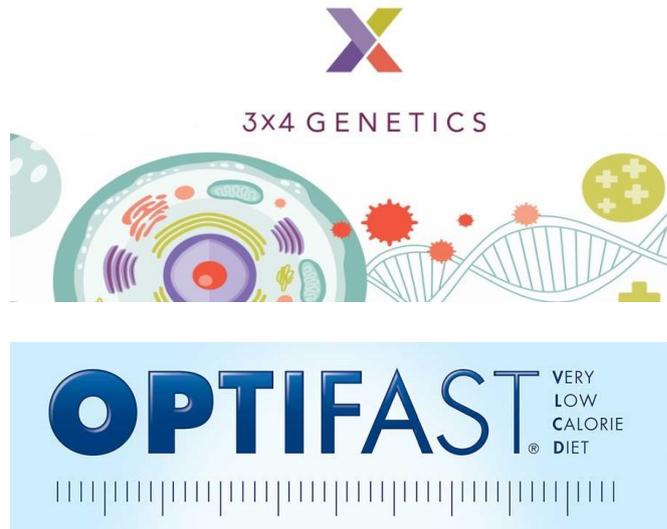
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7. 3X4 Genetics, OptiFast and Cell Restore products

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.


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