

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 **info@nutrifundi.co.za**.
(Banking details: NutriFundi, First National Bank (FNB), Cheque account, 62680510099, Branch code: 250655)
- Fees can be claimed directly 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:

Kempton Park	Kempton Park	Springs	Pretoria
<u>THERAPY ON VLEI</u> 3B Vlei Street Glen Marais Kempton Park	<u>NETCARE MEDICROSS MONUMENT</u> 82 Monument Rd Nimrod Park Kempton Park	<u>CROSSFIT RAG</u> 3 Pienaar St Selection Park	<u>SUPER SPORT PARK</u> 283 West Ave Die Hoewes Centurion

We also offer consultation slots on some Saturday mornings. We do, however, work on an appointment basis. Please phone or email us to book your slot.

3. Medical aid procedure:

NutriFundi is contracted with 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:



"Let your Lifestyle be your Legacy..."

Chanelle Retief - Dietitian

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

☎ 084 645 4820

✉ chanelle@nutrifundi.co.za

All patients who are on the Discovery Vitality Loyalty system will receive 1000 points after visiting the dietitian (applicable to first consultations only).

5. What should I bring?

Please bring the following to your first consultation (if you don't have the following, don't worry about it – just bring it with you 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 medications 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 about 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 90 minutes 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 who 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 obtained will be inaccurate and of little use.

7. Important notice:

We do understand that life happens and that sometimes you do need to cancel or postpone appointments; thus, we have a 24-hour cancellation policy. If you can't make your appointment, please let us know ASAP (at least 24 hours in advance).

If you fail to provide a 24-hour notice or do not attend your appointment, you will still be liable for 50% of the consultation fee (an invoice will be sent via email).

Please try to arrive on time for your appointment.