

FAQs

Nutrition Clinic of Northern California

What can I expect on my first visit?

Your Initial Nutrition Consultation will last 90-minutes and will lay the foundation for your wellness and nutrition program. This consultation is an in-depth, information gathering day with your Registered Dietitian.

It includes a comprehensive evaluation of your blood work, health and wellness goals, medical history, body measurements, 3-day food diary, food preferences, dietary patterns, and activity habits.

We encourage you to ask all the questions you have about your nutrition health as your Dietitian will do the same.

Be sure to complete your Patient Registration Form and 3-Day Food Record before your visit.



What can I expect on my second visit?

Your Nutrition Consultation Follow-up will last 60-minutes. During this visit, we will report our findings from the Initial Nutrition Consultation and the results and explanations from any tests followed by recommendations for nutrition and meal plan, supplements, and lifestyle changes.

This highly personalized treatment plan will ensure your body receives the right combination of calories, fat, protein, carbohydrates, vitamins, minerals, and other high-quality supplements. We believe in an easy, step-wise approach that increases success and long-term change.

How many times will the Registered Dietitian need to see me?

We will generally like to see you each week for a minimum of 12 weeks. This is the recommended amount of time for the body to form new healthy habits as well as respond to the treatment.

How long are follow-up visits?

Follow-up visits are 30-minutes. They are designed to follow progress and make any adjustments to the treatment plan. They provide you with accountability, reinforcement, and motivation toward your health and wellness goals.

Will my health insurance cover the visits?

Health insurance often covers medical nutrition therapy (appointments with your registered dietitian) for diagnoses that are deemed "Medically Necessary." These often include diabetes, hypertension (high blood pressure), sleep apnea, food allergies, unexplained weight loss/gain, hyperlipidemia (high cholesterol), gastrointestinal problems, eating disorders, kidney disease, etc.

Please contact your insurance company to determine if nutrition counseling services will be covered.

If you do not have these benefits, talk with your employer's benefits department to have medical nutrition therapy covered as a benefit. You may be required to self-pay for your consultation if your insurance does not cover our services. If your insurance does cover our services, please note that we will provide a printed "*superbill*" that is accepted for reimbursement by many insurance carriers.



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