

Prices

Since people like choices, I am proud to announce new pricing and services. There are several avenues to choose from when deciding on nutritional counseling, see which option fits for you!

Face to Face Sessions

This is a great option for those who like to come in for a face to face session.

Quick Start

2 Session Package

\$150.00

1st Session: Assessment and Goal Setting (60-90 minutes)

In the first session we will assess the nutrition related condition, discuss the condition and then set goals we plan to meet while working together.

2nd Session: Meal Plan (30 minutes)

We will go through the food guide pyramid and then tailor a meal plan that fits YOUR individual needs and wants.

Just a little bit more help...Please

4 Session Package Nutritional Counseling

\$245.00

1st Session: Assessment and Goal Setting (60-90 minutes)

In the first session we will assess the nutrition related condition, discuss the condition and then set goals we plan to meet while working together.

2nd Session: Meal Plan (60 minutes)

We will go through the food guide pyramid and then tailor a meal plan that fits YOUR individual needs and wants.

3rd Session: Established Client Visit (30-45 minutes)

This session will be 4 weeks after your second visit. We will monitor the progress you have made thus far and re-establish goals. Continued education regarding your nutrition related condition.

4th Session: Established Client Visit (30-45 minutes)

This session will be 6 weeks after your third visit. We will monitor your progress and re-establish goals that will allow you to successful maintain the progress that you have made.

7 Session Package Nutritional Counseling \$450.00

1st Session: Assessment and Goal Setting (60-90 minutes)

In the first session we will assess the nutrition related condition, discuss the condition and then set goals we plan to meet while working together.

2nd Session: Meal Plan (60 minutes)

We will go through the food guide pyramid and then tailor a meal plan that fits YOUR individual needs and wants.

3rd –6th Session: Established Client Visit (30-45 minutes)

These sessions will be at various intervals between each other session. We will monitor your progress and re-establish goals that will allow you to successfully maintain the progress that you have made. Continued education regarding your nutrition related condition.

7th Session: Last Session (45 minutes)

This session is to review all that you have learned during the 7 sessions. We will create a healthy goal maintenance plan--used to maintain the changes you have worked so hard to achieve.

Sessions Ala Carte

1+ hour Initial Session	\$110.00
30 minute Follow-up	\$50.00

Graduate Packages

Available after completion of one of the above packages

Phone/Email Counseling

Not near the Chicago land area? ***Don't want to travel to Niles, IL?*** Not a problem. DMA Nutrition now offers Phone/Email nutritional counseling.

According to journal research article reported in Annals of Internal Medicine (February 17th, 2009) high frequency telephone contact with a dietitian may be an effective method for supporting individuals in achieving weight loss and other lifestyle goals.

<http://www.reuters.com/article/healthNews/idUSTRE51G4BH20090217>

Phone/email nutritional counseling is done just as face to face nutritional counseling is done but over the phone or email. We will set up a meal plan that works for you. You never have to leave your area, you have your own personal RD just an email or phone call away, and you don't have to schedule around an office visit. ***Let me help you in achieving your health related goals, on your time...not mine.***

Monthly Services

This is a great option because it allows for high frequency connection with the dietitian with out the price. A significant amount of research has shown that the more interactions with a dietitian the more likely the individual will make those changes and MAINTIAN those changes! ***If you are looking to make long term long lasting goals, this option may be a fit for you.***

All monthly packages include the following.

- Initial session: we will assess the nutrition related condition and discuss the condition then establish a plan to help meet your individual health related goals.

- 🎯 2-3 follow up sessions (per month): these sessions are used to reinforce new changes and work through 'problem' areas. *(1 month only has 1 follow up session.)*
- 🎯 A complete nutritional analysis
- 🎯 Unlimited email access *(Only for 3 and 6 month packages)*

\$175.00 for the first month

1 month	Total of \$175.00
3 months \$85/month	Total of \$345.00
1 initial month and two additional months	
6 months \$75/month	Total of \$550.00
1 initial month and five additional months	

** All packages and services are available in payment plan format. Office Policy requires 50% payment at the time service is rendered.

Please visit www.dmanutrition.com for DMA Nutrition Inc.'s cancellation policy. However, all packages can be placed on 'hold' if something should arise that prohibits you from continuing onward with nutritional counseling

Insurance:

I do accept insurance; currently I accept Medicare and Blue Cross and Blue Shield. However, not all insurance companies cover for nutritional counseling by a registered dietitian. Most insurance companies do cover nutritional counseling for diabetic self management, renal disease care, and some insurance cover for high cholesterol. It is always recommended to check with your individual insurance company to verify coverage. Here are few tips when calling your insurance company:

- a. Ask if you are covered for Medical Nutritional Therapy (MNT) provided by a registered dietitian in an outpatient setting. Do mention if you have new or pre-existing health condition.
- b. If you are covered be sure to ask; the limitations (by hours per year or by sessions) and the co pay amount.
- c. If you are not covered ask if there is something the dietitian can do to be covered by your particular health condition. (Some times all it takes to be covered is for me to call and register or to fill out a form.)

For any questions about insurance please contact Dina at dina@dmanutrition.com.