

## PREPARE FOR YOUR CONSULTATION

- Please send any blood tests done in the past 6 months to [elzette@metabolicamed.co.za](mailto:elzette@metabolicamed.co.za) prior your consultation. If you do not have access to them, please send us an email with you ID number so that we can get the results.
- Please make a list, take pictures or bring the packages along of any medication or supplementation that you are currently using with to your consultation.
- We are located at 936 Jacques street, Moreleta Park, Pretoria. We advise that you arrive 10 minutes early to complete the necessary forms prior your consultation.
- Please note the information below regarding our policies and payment.
- We are looking forward to meeting you!

## TERMS AND CONDITIONS

Metabolica Med is a dietetic practice providing several dietetic services including the ketogenic diet.

Elzette Struwig (RDSA) as registered with the HPCSA and ADSA, has undergone ketogenic diet training at Matthew's Friends ketocollege in the UK, and has been working in the ketogenic diet industry for the past 3 years.

Metabolica Med does not diagnose disease. Metabolica Med strongly recommends that you consult with a Physician or Medical Specialist before undergoing any dietary or supplement changes.

## PAYMENT AND MEDICAL AID CLAIMS

CONSULTATION	COST	DURATION AND INFORMATION	Payment and claims
<p><b>Initial</b></p> <p>*Please send any blood tests done in the past 6 months to <a href="mailto:elzette@metabolicamed.co.za">elzette@metabolicamed.co.za</a> prior your consultation.</p>	<p>R1000.00</p> <p>(A portion can be claimed back from the medical aid)</p>	<p><i>40 minutes – 1 hour 10 minutes</i></p> <p>Full nutritional assessment:</p> <ul style="list-style-type: none"> <li>- Analysis of your lifestyle.</li> <li>- Body measurements.</li> <li>- Medical and family history.</li> <li>- Biochemical data discussion (if applicable).</li> </ul> <p>Nutrition education. Goal setting.</p>	<p>Due to the meal plans and consultations not being generic and based on each and everyone's individual requirements, you will be emailed with an invoice after your consultation. Please note that we work on COD terms, and that the payment should be made as soon as possible. You can then submit your invoice and proof of payment to your medical aid to process your claim.</p>
<p><b>Follow-up</b></p>	<p>R320.00</p>	<p><i>20-30 minutes</i></p> <ul style="list-style-type: none"> <li>-Discuss achievement of goals as set in the initial consultation.</li> <li>-Body measurement follow-up.</li> <li>-Discussion on meal plan and dietary guidelines.</li> <li>-Adjust meal plan accordingly if needed.</li> </ul>	
<p><b>Body analysis weigh-in</b> (Body composition and report)</p>	<p>R180.00</p>	<p><i>10 minutes</i></p> <p>Measurements are taken by a bioelectrical impedance scale to assess your body composition and progress, after you have been weaned off your meal plan.</p>	

**Email:** [elzette@metabolicamed.co.za](mailto:elzette@metabolicamed.co.za)

**Practice Number:** 084 000 067 1169

**Tel:** +27 (0) 83 257 1868

**Registered Dietitian:** Elzette Struwig (BDiet)

**Address:** 936 Jacques Street, Moreletapark, 0181, RSA

**Web:** <http://www.metabolicamed.co.za>

<b>Telephone or Skype</b>	R500.00 – R1000.00	<i>30 minutes – 45 minutes</i>  Nutritional assessment: - Analysis of your lifestyle. - Medical and family history. - Biochemical data discussion (if applicable). Nutrition education. Goal setting.	
<b>Meal plan</b>	R500.00 T & Cs apply	After a proper nutritional assessment, your dietitian will spend a few hours to calculate your meal plan, individualized to your needs. The meal plan usually consists of 7 days with various food items and meals to choose from.	<b>COD terms apply. Usually not covered by the medical aid.</b>  Due to the effort, we put into our meal plans, you will receive your meal plan after a few days from your initial consultation.

### INTERNATIONAL OR TELEPHONE CONSULTATIONS

International consultations will be done via Skype, and any information that is used in dietary recommendations are based on information as provided by the patient.

It is recommended to have your consultations at our offices, if not possible and done telephonically or via Skype, you will be provided with a document to complete prior your consultation, the nutrition calculations will be made based on your measurements.

### CANCELLATION POLICY

Please understand that our time is very much in demand; we set aside a time especially for you and do not overbook. We understand that not everyone is ready to commit to a lifestyle change, but for the consideration of others, please do not wait until the last minute if cancelling your appointment. Please plan accordingly. You will be billed for your consultation if not cancelled within 24 hours prior your set consultation date and time.

**Thank you for your co-operation. We are excited to take this journey with you. Metabolica Med will help you to take small steps to improve your nutrition and move toward a healthier you. Please stay in contact with us between your consultations, we would like to support you on a continuous basis. Let us know if there are any specific struggles with your meal plan, we believe in enjoying life and do not want to deprive you of the foods you enjoy or at least help you to find healthy alternatives.**

**Start small, dream big.**

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