



You're on Your Way to Better Health!

You've been scheduled to meet with one of our Registered Dietitians!

You have been scheduled for a nutrition consultation with one of our expert nutritionists. This session will take place virtually via telehealth, allowing you to connect from the comfort of your home!

What to Expect:



Personalized Guidance: Your initial visit will be 1 hour, during this time our nutritionist will get to know you, your diet, your lifestyle, and goals. This information will allow them to provide tailored advice and strategies to help you meet your health goals.







Convenient Scheduling: You can choose a time that works best for you! Our telehealth services allow for flexibility to fit your busy lifestyle.




Supportive Environment: Discuss your nutrition concerns and goals in a relaxed, one-on-one setting.

How to Prepare for Your Consultation:

-  **Review Your Health Goals:** Think about what you want to achieve through nutrition. This could be weight management, improved energy, better digestion, or other health goals.
-  **Track Your Food:** Consider keeping a food diary for a few days prior to your appointment to share with your nutritionist.
-  **Prepare Questions:** Write down any questions or topics you want to discuss with your nutritionist.
-  **Contact Insurance:** Reach out to your insurance company to better understand what your plan will cover. Here are some helpful tips to assist you when you contact your insurance:
 - ✦ Before the call, be ready to take notes, have your insurance card ready, know the reason for your referral (diagnosis), and know the procedure code "CPT" (New Patient Code: 97802 Follow up visit Code: 97803).
 - ✦ During your call, ask about specific criteria or limitations, number of allowed visits per year, and copay costs.
 - ✦ If insurance does not cover these services we are able to provide a self-pay rate of \$120.00 for the initial visit and \$100.00 for each additional follow-up visit.

How to Prepare for Your Consultation (Continued):

 **Technology Check:** You will receive additional details on how to connect for your virtual appointment. Here are instructions to assist you in connecting to your appointment:

- ◆ You can use a computer or smart phone for your appointment. Please make sure your device has a camera, a microphone, a strong internet connection, and access to your email. We recommend testing your setup ahead of your appointment time.
- ◆ If using a computer, be sure you have installed the latest version of your internet browser (Chrome, safari, Edge, or Firefox).
- ◆ For smart phone and tablet users, you may download the free 'ExamMed' app from the Apple App Store or the Google Play Store prior to the visit; you also have the option to use the internet browser on your handheld device.
- ◆ A few minutes before your scheduled appointment, you will receive an email from ExamMed that will include the Virtual ExamRoom link. Click the link and follow the on-screen instructions to open the web browser or app.
- ◆ If it prompts you, select 'Allow Camera Access' and "Allow Microphone Access."
- ◆ Please wait in the virtual waiting room until your provider joins.
- ◆ If you do not see your ExamMed email at the time of appointment, please check your junk/spam folders.

Thank you for choosing United Digestive for your GI health needs!
We look forward to helping you embark on this journey to better health!

