

Practice policy : Mbali Mapholi RD (SA)

Practice number: 0152435



Mbali Mapholi is a registered dietitian with the Health Professions

Council of South Africa and members of the Association of Dietetics in South Africa. Her practice adheres to the most professional and best international practices in nutritional care and management.

To achieve the best outcomes and success with all our clients we have structured our services as follows:

The first consultation (Dietitian Assessment):

Duration: 1 hour

Cost: R1000 including Individualized Cultural/ disease specific meal Plan development

This consultation focusses on a detailed and comprehensive nutrition assessment through a series of questions & tools. These tools are designed to provide information about your medical/clinical, anthropometric, family and diet history.

The dietitian assessment is the ‘Systematic process of collecting and interpreting information in order to make decisions about nature and cause of nutritional related health issues that affect an individual’ This assessment is crucial in order to tailor specific recommendations to allow you to accomplish your nutrition and health objectives, it assists you and the dietitian to reach your health/nutritional goals quicker and promotes consistent quality of practice.

The second consultation (Collection or Intervention):

Duration: 40 minutes

Cost: R440.00

This is a consultation scheduled **4 - 7 days** after dietitian assessment (first consultation). The dietitian first engages you with details recommendations from the study of information gathered in the first consultation. The second part involves a **nutrition education session** covering the physiology of the problem, metabolic functions, classification of foods and the nutrition principles based on the findings. The objective of providing you this education is to empower you to successfully manage your health objectives such as fat loss optimal energy levels, performance and additional disease conditions in the long term. In this session, the dietitian will also go through the meal/ diet plan recommendation with you.

This nutritional education continues bit by bit at all follow up sessions which are discussed with the dietitian post second session consultation

NB: This consultation is important as meals plans are only emailed after this consultation and not before.

Follow up & monitoring consultations:

Duration 30 minutes

Cost: R390.00

Monitoring process when trying to change long standing habits & lifestyle is crucial for optimal results. Follow-up sessions (through evaluation of food records) will assist you in finding solutions to barriers of compliance that ultimately contributes to your success. The frequency of follow up appointments is scheduled as discussed with the dietitian.

Weight Loss Program:

Duration: 6 weeks weight loss program

Cost: R2100.00 (**30%** discount to normal consultations)

Frequency of visits:

- 1x initial assessment (1 hour) incl. nutrition education
- Weight loss meal plan emailed through 2 days later
- 5 x weekly follow- up appointments virtually or in the practice
- Strictly runs for 6 weeks

Contact us for more information on this package

Bookings

Kindly contact our office for booking +2761 532 2081 or email bonganipracticemanager@gmail.com or info@mbalimapholiinc.co.za

Required information to make a booking: **Full Names, surname, date of birth, email address & contact number.**

Cancellation Policy

All appointments that have **not been cancelled within 24hours** of appointment time will be billed to you at **R250.00**. Late cancellations & No shows will also be billed to you at **R250.00**.

Payment Policy

MiNutrition ZA & Mbali Mapholi Inc. **are contracted out of medical aid**. You are expected to pay for your consultation and claim back from your medical aid.

Accepted payments methods are EFT (before or on the day of consultation) & Cash.

Kindly note that all payments are strictly settled before leaving the practice.

All payments not made on the day incur R65.00 per day following consultation day.