



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: 45 minutes – 1 hour

Cost: R1000.00

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- Compulsory):

Duration: 30 minutes

Cost: R440.00

This is a consultation scheduled **3-5 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 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.

Dietitian Package:

Duration: 6 weeks **{this package offers more focused results and commitment}**

Cost: R1776.00 (20% discount to normal consultations)

Frequency of visits:

- 1x initial comprehensive nutritional assessment (45-60 min.) – Virtual or physical
- Intervention consultation (30 min.) virtual or physical – present eating plan and nutrition education to help meet health goals
- 2x Follow – up / Monitoring virtual or physical consultation (30 min): One in 14 days and next in 6 weeks to track progress

Please note that the package is set and when appointment is missed, it cannot be

Bookings

Kindly contact our office for booking +2761 532 2081 or email 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. For all physical appointments we only accept cash or EFT before the appointment or settled before leaving the practice. Virtual Consultations: Kindly please pay via EFT at least 2 hours before appointment, banking details available below.

Banking Details:

Account Holder: MiNutrition ZA

Bank Name: First National Bank

Branch Number: 250655

Account number: 62537467624

Reference: **Your initials and surname**

POP email: info@mbalimapholiinc.co.za