



## **Once Off Consultation 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 do advise physical visits to the dietitian's office with all our clients. However, in such busy times we allow for online consultations for all our clients.

### **Online Individual Consultation:**

#### **Option A: R530.00**

- This for when you have nutrition related questions (specific questions to your life) or when you have a need of information on a specific topic
- You email through your questions to [info@mbalimapholiinc.co.za](mailto:info@mbalimapholiinc.co.za) with a proof of payment
- Mbali will respond to your questions in 3 – 4 working days with all the information you need related to those questions or topic of interest
- This is a once off correspondence, with no further planned communication

#### **Option B [Meal Plan]: R900.00**

- This is best for individuals who want healthy eating guidelines and a meal plan (without any chronic disease or weight loss) – weight gain allowed
- You can email [info@mbalimapholiinc.co.za](mailto:info@mbalimapholiinc.co.za) with your interest in this and a proof of payment
- You will receive a nutrition assessment form which must be completed by the client who needs a meal plan – return to us via email
- An email with all your Meal plan documentation is sent out to you within 3 – 5 days after return of nutrition assessment form
- A courtesy email is sent out 2 days after your meal plan email to check up on you or a phone call if need be

Option C: **R17760.00** newly diagnosed with a disease or existing chronic disease or weight loss

- You can email [info@mbalimapholiinc.co.za](mailto:info@mbalimapholiinc.co.za) with your interest in this and a proof of payment
- You will receive a nutrition assessment form which must be completed by the client who needs help, return the form via email with any extra information
- 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 for 6 weeks.

### **Bookings**

Kindly please email [info@mbalimapholiinc.co.za](mailto:info@mbalimapholiinc.co.za) - your interest in any of our online consultation plans and proof of payment

### **Payment Policy for online Consultations**

We only accept cash payments for our online consultations via EFT, Cash send methods from various banks, Papypal ([mbalidietician@gmail.com](mailto:mbalidietician@gmail.com))

### **Our Banking Details:**

Account Holder: MiNutrition ZA

Bank Name: First National Bank

Branch Number: 250655

Account number: 62537467624

Reference: **Your initials and Surname**