



Gayla R. Nicholson, RD, CDE
Integrative Nutrition, Intuitive Eating

Office Policy

The office policy for Nutrition Insight is designed to foster good communication and provide the best service possible for my clients. It is my sincere desire to set the foundation for a good working partnership with you.

Confidentiality

It can be very helpful for the professionals you see to coordinate care. If you would like me to share information with your health care provider or therapist, a release form you sign will give me permission to speak with them. Our conversations are held in strict confidence unless I have your permission to do otherwise.

Payment and Insurance

I prefer to receive payment at the time of your session. Insurance programs vary greatly in their coverage of nutrition counseling services (often called medical nutrition therapy). I can prepare the form typically used by insurance companies for you to submit to your insurance company. In the case where it is necessary to bill you or a third party for my services, I am happy to cooperate with you.

Fee Schedule and Session Times

I understand that your time is important and I make every effort to begin and end sessions on time.
Initial Consultation (75 minutes) - \$105

Follow-up sessions

Brief, 25 minutes are \$42

Regular, 50 minutes \$84

Prepaid sessions are also available and offer a savings when the initial consultation and follow-ups are combined.

These fees also apply to telephone consultations. Insurance companies generally do cover telephone consultations.

Cancellations

A 24 hour notice is required for cancellations. If the cancellation notice is less than 24 hours and I am unable to fill your appointment time, you will be charged for the session time.

Please feel free to ask questions about these policies. I look forward to working with you.