



Dear Client,

Hello! Thank you for contacting me regarding nutrition advice. Please read the following information carefully. Please note: There is a \$50 cancellation fee if not given 24 hour notice.

Here is some important information regarding your appointment.

### **APPOINTMENTS:**

Please arrive about 10 minutes early to allow time. Don't forget to have paperwork filled out prior to appointment. The initial consultation usually takes about 1 hour and follow up visits are approximately 30 minutes long. At the initial visit it will be determined if follow up visits are necessary.

### **HEALTH PLAN COVERAGE**

Currently, I am a provider for several insurance companies, including Aetna, Cigna, Humana, Blue Cross Blue Shield, and United Healthcare. If you are interested in pursuing insurance reimbursement, I recommend that you contact your insurance company prior to our visit to confirm coverage for your diagnosis.

### **CHARGES**

Payment is expected at the time of your appointment. Please be prepared to pay with cash, check or credit card. If your sessions are covered through your insurance company, a co-pay is expected at each visit. If you are private pay you will receive a discounted consultation fee. I offer an additional discount if you pay up front for a 6 visit package.

### **LOCATIONS**

**Round Rock office:** 7200 Wyoming Springs Drive, Suite 1500

Located in the **Wyoming Springs Medical Complex**

**Georgetown office:** 1900 Scenic Drive, Suite 2214

**North Austin office (arboreteum area):** 11673 Jollyville Road, Suite 205

Located in the **Ladera Medical Complex** at the corner of Duval and Jollyville.

### **WHAT TO BRING**

1. **Filled out paperwork** (this will ensure your time is spent in consultation).
2. **Any recent lab work** (such as a cholesterol panel, glucose levels, etc...).
2. **A detailed food record for at least 3 days** (ideally from 2 weekdays and one weekend day).
3. **Blood sugar records** (for patients with diabetes).
4. **Insurance card and identification.**

**For more information, call (512) 731-8679.**

I look forward to our appointment!

Sincerely,

*Laura Mangum RD, LD*