

# How Much Will My Appointment Cost?

Information about our prices & what to  
expect at your appointment.

eat.NUTRITION



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# Dietitian Appointment Fees

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Medicare rebates are available for eligible clients. Private health rebates are available.

**Initial Consultation + Meal Plan** **\$510**

60 Minutes

**Initial Consultation only** **\$265**

60 Minutes

**Standard Review** **\$125**

30 minutes or less

**Extended Review** **\$189**

45 minutes

**Competition & Hydration Plans** **\$510**

60 minutes

**Eating Disorder Care Plans** **Bulk**

30 minutes **Billed**

**Meal Support Service (for ED** **\$35**

**Clients)**

24x7 support between appointments

All services are available online  
& in person

Prices are subject to change. Last update July 2024.

# Sports Nutritionist Appointment Fees

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Sports Nutritionist appointments are not eligible for Medicare. Private Health rebates are not available.

**Initial Consultation + Meal Plan** **\$295**

60 Minutes

**Initial Consultation only** **\$195**

60 Minutes

**Standard Review** **\$80**

30 minutes or less

**Competition & Hydration Plans** **\$295**

60 minutes

All services are available online

Prices are subject to change. Last update July 2024.

# Types of Appointments

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Not sure which appointment to book?

## **Initial Consult - 1hr appointment**

In your first consult, we will deep dive into your history, relationship with food, current foods and goals. During the appointment, we will make a flexible plan to create a set of guidelines tailored to your needs. This will be sent to you via email along with any tools or resources that will be useful for you.

## **Initial Consult + Meal Plan - 1hr appointment**

We will cover everything listed above in your initial consult. We will discuss the best options for your needs so that you know what to expect when you receive your meal plan.

The information from this appointment will be used to write a detailed and UNIQUE meal plan for you. Our meal plans are different - there is no weighing or tracking involved. This takes us a little longer to write your plan. Please allow at least 1 week.

All services are available online  
& in person

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# Types of Appointments

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Not sure which appointment to book?

## **Standard Review - 30min appointment**

It is rare for us to do one-off appointments. It is always an option, but most people benefit from multiple sessions. During a review appointment, we make any adjustments needed and help you troubleshoot problems.

## **Long Review - 45min appointment**

We get it. Food is complex, and sometimes you need a little extra time with us. Your progress and safety is important, and so we offer longer review appointments to make sure you feel fully supported.

## **When should I come back? Is this locked in?**

You choose how often you would like to see us. There is no contract or commitment either. Appointments can always be rescheduled if you need to see us sooner.

All services are available online  
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Prices are subject to change. Last update July 2024.

# Rebates & Referrals Explained

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Specialising in Sports Nutrition & Eating Disorder Recovery

## **Medicare**

Medicare rebates are available for Dietitian appointments only. If your doctor has referred you on a care plan which includes dietetics, you will be eligible for a Medicare rebate. This means that you will receive a portion of the total fee back from Medicare. The current rebate is approximately \$58.30 for each session.

## **We accept Chronic Disease Management Plans.**

This entitles you to rebates for up to 5 sessions per calendar year to see a variety of healthcare professionals. The number of sessions to see a Dietitian will be determined by your referring GP.

## **Please note: We do not Bulk Bill Chronic Disease Management Plans.**

This means, you will be charged the full fee, and Medicare will rebate you a portion of the cost.

# Rebates & Referrals Explained

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Specialising in Sports Nutrition & Eating Disorder Recovery

## **Do I need a referral to make an appointment?**

No! Clients can book in without a referral. The only time a referral is necessary, is if you are eligible for Medicare rebates and would like a reduced fee appointment.

## **Private Health Insurance**

Depending on your private health fund, you may be eligible for a Private Health Insurance rebate. The rebate amount will depend on your provider and your level of cover. Contact your provider to find out if you are covered for dietetics. The Item code is 500 for initial consults and 600 for review consults.

**Please note: Private Health Rebates only cover a portion of your appointment fee.**

This means, your provider will cover a portion of the cost, and you will be out of pocket for the amount left owing.

# Eating Disorder Care Plans

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Eating Disorder Recovery

## **We accept Eating Disorder Care Plans (EDP)**

To be eligible, you will need to make an appointment with your GP or Psychiatrist and request they complete a plan for you.

They will ask you to complete the EDE-Q. This is a survey that measures your risk for an eating disorder.



### **Preparing for that appointment**

Anorexia Nervosa is automatically eligible. For people with a Bulimia Nervosa or OSFED diagnosis, you need an EDE-Q score over 3. You can scan this QR code to access the EDE-Q online.

## **We Bulk Bill EDP appointments**

An EDP gives you 20 dietitian appointments every 12 months. We bulk bill these appointments, so you are not out of pocket for your 30 minute appointment.

## **Meal Support Service (for ED Clients)**

ED recovery is hard when you're alone. 24x7 support between appointments allows us to support you when you need it most.