



simplexhealth

Informed Consent & Terms of Nutritional Counseling

About Simplex Nutrition Counseling

Simplex Health provides one-on-one, personalized counseling with a Registered Dietitian Nutritionist (RDN) that is a Licensed Dietitian (LD) in the state of Pennsylvania. Counseling provided by Dietitians at Simplex Health begins with an assessment of your nutritional status, habits, and needs. After completing the assessment, you and your dietitian will discuss how to proceed by developing a nutritional plan with personalized, realistic goals. In order for nutrition counseling to be most successful, you will have to attend regular session, work on making changes in-between sessions and be honest with your dietitian about your behaviors.

Simplex Health does not dispense medical advice nor prescribe treatment. Rather, we provide education to enhance knowledge of health as it relates to foods, dietary supplements, and behaviors associated with eating. While nutritional and botanical support can be an important compliment to my medical care, I understand nutrition counseling is not a substitute for the diagnosis, treatment, or care of disease by a medical provider.

Nutritional evaluation or testing provided in counseling is not intended for the diagnoses of disease. Rather, these assessment tests are intended as a guide to developing an appropriate health-supportive program for me, and to monitor my progress in achieving my goals.

Payment Fees and insurance co-payments are due at the time of service in the form of either:

- Cash
- Check – payable to Simplex Health; please note a charge of \$20 for any returned checks
- Credit card

Simplex Health private pay fees are as follows:

- 5-15 minute initial phone conversation: Free
- 60 minute initial session with Registered Dietitian = \$90.00
- 90 minute initial session with Registered Dietitian = \$110.00
- 60 minute follow-up session with Registered Dietitian = \$75.00
- 30-40 minute follow-up session with Registered Dietitian = \$50.00
- 15-20 minute phone consultation = \$25 (phone consultations are not covered by insurance)
- 20-40 minute phone consultation = \$50 (phone consultations are not covered by insurance)
- 3 30 minute sessions with Holistic Health Practitioner = \$165
- 30 minute session = \$65



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Insurance is billed directly on your behalf, if your coverage has been verified in advance of your visit. Simplex Health is a provider with Independence Blue Cross, Highmark BCBS, and Cigna. Not all nutrition-related diagnoses are covered with each of these insurers, and a physician referral is often required for coverage.

You are free to stop nutrition counseling at any time – please discuss this with your dietitian if you decide to terminate services.

Arriving late

If you arrive to your appointment late, the session will end at the scheduled time regardless of when it started and full payment is expected. For example, if you arrive to your follow-up session 15 minutes late, you will receive 15-20 minutes of nutrition counseling and be charged for the full 30-40 minutes.

No show and Late Cancellation Fee

Please notify your dietitian as soon as possible if you need to cancel or reschedule your appointment – either by phone or email. If you do not attend your appointment or have not provided a 24 hour cancellation notice, you will be charged \$50. Exceptions include dangerous weather or medical emergency. This fee is eligible to be waived if patient rescheduled within 4 business days of the original appointment.

Privacy Policy

Simplex Health's Notice of Privacy practices can be accessed at simplexhealthcorp.com. It describes your rights and your dietitian's uses and disclosures related to your protected health information. You may request a copy of this notice for your reference.

Communication

Email may not be a confidential method of communication. Phone, fax, or in-person contact are the best ways to communicate personal information. The Simplex team typically checks email daily but does not guarantee immediate response to email contact, therefore email should not be used for urgent matters.

Please contact 911 or visit the nearest emergency room if you are feeling unsafe or experiencing a life-threatening emergency. For these reasons, phone or in-session contact is the preferred method to ensure a timely response.



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Simplex Health does not offer nutrition counseling over email, but uses email communication mainly for scheduling purposes, with your consent. If you choose to send or receive emails containing personal information, you take responsibility for the security of that information shared. Simplex Health Dietitians are not on call 24 hours a day. However, you are free to call the Simplex Health office phone and leave a phone message at any time. Your call will be returned within 24 hours. Cost of phone consultations is outlined above



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Signature of Consent

My signature below indicates:

1. I have read and understand the information outlined in this document pertaining to nutrition counseling, payment, insurance, late arrival, no show/cancellation fees, and privacy policy.
2. I have been given a copy of the Simplex Health Notice of HIPAA Privacy Policy or have accessed it on <http://www.simplexhealthcorp.com>.
3. I understand that email is not a secure means of communication and I will not hold Simplex Health or Simplex Health Dietitians liable for any breach of confidentiality that may result from the use of email.
4. I understand that Dietitians and through Simplex Health will keep therapy notes as a record of our work together. These notes document the topics that we talk about, interventions used, and treatment plan or any other considerations that may be helpful to your work with me. Records will be stored in a secure location.
5. I authorize the release of any medical or other information necessary to process my insurance claims.
6. I authorize payment of medical benefits to Simplex Health for services rendered.
7. I understand that nutrition counseling services may be terminated at the discretion of the Simplex Health team if written notification is provided to a client 30 days in advance of final appointment. This will include a listing of referrals for continuity of care.
8. I consent to receiving treatment through Simplex Health.

Client's printed name

Client's date of birth

Client's signature

Date

Parent/Guardian signature (for client's under 18 years old)

Date