



# Personalized Nutrition for the Whole You

# SIMPLICITY NUTRITION

## Welcome to Simplicity Nutrition

Please note the following about your appointment:

- All appointments are through telehealth until further notice. Your Dietitian Nutritionist will send you a link for your telehealth appointment.
- Please send your completed forms to your dietitian prior to your appointment. See specific emails listed below. <http://www.simplicitynutrition.com/forms/>
  - Erin Yaseen MS, RDN [erinyaseen@hushmail.com](mailto:erinyaseen@hushmail.com)
  - Emily Grochowski MS, RDN - [emilygrochowski@hushmail.com](mailto:emilygrochowski@hushmail.com)
  - Caitlin Sloane MS, RDN [caitlinsloane@hushmail.com](mailto:caitlinsloane@hushmail.com)
- Please send an image of the front and back of your insurance card and ID and send it to your dietitian via email prior to your appointment.
- Please review our **48-hour cancellation policy** (included with the forms).
- Please be sure to send any recent labs and bloodwork results to your Dietitian Nutritionist before your appointment.
- As a reminder, we do not provide email correspondence with nutrition advice. All plans and questions are discussed in your nutrition appointment
- All nutrition recommendations are given after your dietitian reviews your intake information and will be reviewed during the follow up appointment.
- You are responsible for checking your nutrition benefits within your plan. The first form listed is the benefits questionnaire and will help you while you are on the call with your insurance representative.
- If we are not contracted by your insurance, we can provide a superbill that you can send to your insurance for reimbursement. You are responsible for the full payment the day of the appointment. We will send you an invoice that you can pay online.

We look forward to working with you,

The Simplicity Nutrition Team

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