



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 (simplicitynutrition.com/forms) to admin@simplicitynutrition.com.

- Please send an image of the front and back of your insurance card and ID to admin@simplicitynutrition.com 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 the work we do for you outside of appointment times are billed to your insurance or charged by the hour. This includes but is not limited to meal planning, recipe development, time spent creating therapeutic treatment plans, coordinating with other providers, case review, reviewing labs and lab recommendations, email correspondence.
- The initial intake appointment is your in-depth intake. We review labs, genetics and additional findings after the initial intake appointment. From there our Dietitians review your labs, coordinate care, complete our case review and gather findings for your next 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.
- Cash Packages and opened supplements are non-refundable.

We look forward to working with you,

The Simplicity Nutrition Team
Erin Yaseen MS, RDN
Emily Grochowski MS, RDN
Caitlin Sloane MS, RDN