

## NU YOU MENU

### Nu Meet: \$0

15-minute meet up to ask questions and learn more about functional nutrition and Renee's approach.

### Nu Start: \$175

This 45-60-minute session is a good place to learn more about functional nutrition and how it can benefit you. Nu Start is for people looking to optimize wellness and/or to focus on one minor health concern. Follow up with 30- or 60-minute sessions as needed.

Includes:

- A review of your medical history, nutritional habits, and wellness goals.
- Several personalized dietary, lifestyle, and supplement recommendations.
- Access to FullScript to purchase supplements at a discounted rate.
- May include laboratory suggestions (lab costs not included).
- Quick/short-answer post session chat portal Q&As.

### Nu Comprehensive: \$250

Commit to making meaningful, in-depth nutrition and lifestyle changes starting with a 75–90-minute session followed by a 30-minute follow up session within 30 days. Best for those with several chronic and/or more complicated health concerns.

Includes:

- A detailed review of your intake form, labs from your primary care physician and/or specialists, medical history, nutrition habits, supplement and medication use, and lifestyle habits and factors. (Requires intake and medical history information forms at least 48 hours prior to session).
- 75-minute in-person/telehealth session to answer questions, discuss health concerns, short- and long-term goals, and formulate an initial plan of action.
- Post initial session comprehensive protocol includes specific dietary, supplement, and lifestyle recommendations.
- 20 to 30-minute follow-up session to review plan of action and address any questions/concerns.
- Includes access to FullScript to purchase supplements at a discounted rate.
- Includes laboratory recommendations and my time to set up order (lab costs not included).
- Quick/short-answer post session chat portal Q&As.

## Nu Follow-Up Sessions:

Follow-up sessions to monitor progress include laboratory reviews, plan adjustments, updates, and continued support via the client portal.

- 30-minutes: \$75
- 60-minutes: \$135 (for laboratory reviews and/or significant plan adjustments)

## Nu Meals:

Meal plans save time, reduce food waste, and encourage healthier eating habits. Meal/menu plans are customized to meet your specific dietary needs for 5 or 7-days, include recipes and a grocery list. Options include planning breakfast, lunch, dinner, and one or two snacks. Individualized to fit you/your family's shopping and preparation time, food preferences and sensitivities/allergies, etc. Plans are provided as a pdf and a web app for viewing on smart phone, computer, tablet.

Available for all; do not need to be a nutrition client.  
Current nutrition clients save \$25 on first week (\$100 instead of \$125).

- **Nu Individual/couples plans:**
  - First week: \$125 (includes a 20–30-minute video meeting to review plan, adjust if necessary, and how to use the app effectively).
  - Subsequent weeks: \$75/week
- **Nu Family:**
  - 3 or more people requiring either multiple lunch or dinner options (for example: different adult lunches and children's school lunches)
  - First week: \$150 (includes a 20–30-minute video meeting to review plan, adjust if necessary, and how to use the app effectively).
  - Subsequent weeks: \$99/week
- **Nu Travel:**
  - Considers hotel/accommodations, food/grocery/restaurant availability, preparing some food for in-room eating, lunch and dinner options including specifics on dining out/take-out.
  - First week: \$150 (includes a 20–30-minute video meeting to review plan, adjust if necessary, and how to use the app effectively).
  - Subsequent weeks: \$99/week
- **Add Ons:**
  - Grocery list prepared online at your favorite grocery store(s) enabling you to place order for pick-up or delivery OR sent to you as a pdf to take with you to the grocery store. \$25
  - Customized brands in the grocery list (general grocery list includes foods to purchase and amounts but not specific brand recommendations). \$25

**View a sample pdf plan on my [website](#).**

### **Payment Policy:**

- Payment in full is expected at the end of each session.
- For packages with multiple sessions, payment in full is due at the first session.
- Payment forms accepted: cash, check, Venmo, credit card (via the secure online client portal using Square).
- At this time, I do not accept insurance, however, I can provide you with a form for a nutrition referral from your physician and an invoice (SuperBill) to submit to your insurance company. Reimbursement cannot be guaranteed as it depends upon each individual insurer.

### **Cancellation/Rescheduling Policy:**

I prepare for each session ahead of time reviewing your file and appreciate ample notice for rescheduling. However, I do understand that life happens.

- You can cancel or reschedule up to 24 hours in advance of your appointment.
- Cancellation (without rescheduling) less than 24 hours prior to session - charged 50% of session.
- Rescheduling less than 24 hours prior to session - \$45 fee.
- No Shows will be charged in full (except in cases of extenuating circumstances).
- Some exceptions may apply on a case-by-case basis.

### **Protecting Medical Information:**

- I abide by all Health Insurance Portability and Accountability Act (HIPAA) guidelines and use a HIPAA approved electronic health record in my practice.