



Welcome and thank you for choosing From the Start Nutrition, LLC, the pediatric and family nutrition counseling practice of Beth Conlon, PhD, MS, RDN. I look forward to working with you and your family! The purpose of this letter is to inform you of my policies and methods of practice.

I will see you and/or your child virtually or in your home. Virtual appointments are held via a HIPAA compliant telehealth platform (Healthie). Nutrition counseling recommendations and goals will be added to your Nutrition Care Plan at each session. The Nutrition Care Plan will serve as a tool to review and reflect your progress. Ideas for carryover from our therapy session to the home will be included in this Nutrition Care Plan. At times you may be asked to record your child's food intake and behaviors around food and mealtimes. Please carefully follow any instructions provided to you.

Upon your request, I am happy to coordinate with your child's healthcare provider(s), other therapists, or teachers/school, so that they can aid in carryover of nutrition therapy goals.

Our first appointment will be a nutrition assessment. Nutrition assessments typically run 60-75 minutes in length billed at \$150.00 per session and includes a written summary of results and interpretations. Nutrition therapy sessions are billed at \$37.50 for 15-20 minute appointments and \$75.00 for 30 minute appointments.

Payment is due within 14 days after services are rendered. Payment is accepted in the form of personal check payable to From the Start Nutrition, LLC, credit card or health savings account card, or through PayPal to the account @BethConlonRDN. A fee of \$20.00 may be charged for any session not notified of cancellation within 24 hours by phone, email, or telehealth message, with the exception of illness and family emergency.

From the Start Nutrition LLC, does not participate with insurance. You will only receive reimbursement from your insurance company if you have out-of-network medical nutrition therapy benefits on their policy. Prior to your appointment, you may contact your insurance company to check if nutritional counseling/medical nutrition therapy services are covered. If asked for procedure codes, you can provide the following: 97802, 97803, and 99404. The insurance company will be able to tell you if you have coverage, if you have met your deductible, and how many visits you can receive in a calendar year.

I am excited to be a part of your child's nutrition and feeding success! Please do not hesitate to reach out to me if you have any questions or concerns.

Sincerely,

Beth Conlon

Beth Conlon, PhD, MS, RDN

