

# CONSULTATION

Each consultation is one on one and includes all tests and physical examination shown in the LaPalli website. You will receive many information in regards of food, your body, and needs. You will receive an example of your ideal meal plans tailored for your physical needs, tastes, and habits.

All my patients can reach me on WhatsApp for urgent needs 7/7.

We also will discuss about physical activity and the best management for your well-being and increasing your life quality.

All my consultations are based on the Nutrition Care Process Model: Assessment, Diagnosis, Intervention, Monitoring, and Evaluation.

Follow ups are on demand based on needs. Usually, follow ups are monthly, or according to your different goals and desires. Each monitored consultation will include all tests and physical examination.

Bill and superbill from an RDN/LDN can be reimburse by Health Insurances covering Medical Nutrition Therapy. However, each situation, Health Insurance, and Insurance plans can differ. **You must always ask your physician and your Health Insurance first. Managing your reimbursement is solely under your responsibility.**

# Services, Duration, and Costs

## In-person Services

*Includes all tests.*

*Includes personalized consultation*

- First consultation 2 hours/ Cost **\$380.00**
- Follow up/monitoring 90 minutes/ Cost **\$280.00**
  
- Grocery tour Price on demand

## Online Services

*Does **not** include all tests.*

*Includes personalized consultation*

- Online consultations are possible to accommodate all patients.  
90 minutes/ Cost **\$200.00**

## Schedule an appointment

Please send me an email [info@lapalli.ch](mailto:info@lapalli.ch) to book an appointment.

