

Intake Form and Service Option Form

Full Name (First, Middle Initial, Last): Former Name / Maiden Name (if applicable):			
Date of Birth (DD / MM / YYYY):		Current Age (in years):	
Gender:		Male	Female
Street Address (number, street name, apt #):			
Mailing Address (if different than above):			
City:		Province/State:	
Country:		Postal Code/Zip:	
Occupation:			
Phone Number: please format xxx-xxx-xxxx		extension:	
Email:			
Emergency Contact Name:		Emergency # (xxx) xxx-xxxx:	
MD's Name:		MD's Phone# (xxx) xxx-xxxx:	
MD Diagnosis (list all):			
MD Recommendations:			
How did you hear about us?			
Please enter specific details (name of friend, doctor, event, etc.):			
Is there a mental health component to this consultation?		Yes	No
Kind of nutrition support you have had:			
Previous diets followed (if any):			
Date of Last Blood Tests: <small>(required)</small> :	Abnormal Results:	Yes	No
Current Blood Pressure: <small>(required)</small> :	Date of Blood Pressure: <small>(required)</small> :		
<p>Note: Please send a pdf (Adobe) copy of your most recent complete blood test results with this form to info@bbdnutrition.com. If you don't have current complete blood work, we can get started without it, however I will need it to design your Meal Plan.</p>			
Do you have extended benefits <small>(required)</small> :	Yes	Extended Benefits provider <small>(required)</small> :	
	No	Extended benefit limits for visits to a Dietitian <small>(required)</small> : \$ / year	

PLEASE COMPLETE ALL BOXES BELOW

In *one sentence*, please **describe your goals and expectations** with respect to the services you are taking.

Please list all *physical* and *mental* health conditions **in your immediate family** (parents, grandparents, siblings):

Please list any medical conditions that **you** have been diagnosed with (e.g. Type 2 Diabetes, hypertension, high cholesterol, etc.)

Please list all **physician-diagnosed allergies** that you have (foods, drugs, environmental):

Please list **any food intolerances you have** (foods that make you feel unwell):

Please list the names of all **medications** and/or **nutritional supplements** currently being taken, **as well as the dosages**:

*Please note that I do not provide weight management services to clients currently on insulin or insulin-analogue therapy. Please consult with a healthcare professional with CDE certification.

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Prices are in **Canadian dollars (CDN)**.
GST (5%) will be added.

1. HOURLY SESSIONS:

Hourly Consultation: designed to meet to discuss needs, share details of health background, see if I am a 'good fit'. \$150 / hr

Specialty Hourly Services (select choice, below):

low residue / low fiber diet	low sodium diet	\$150 / hr
low FODMAP diet	low potassium diet	
improving iron status from food	low histamine / low tyramine diet	
gallstone diet		

2. COMPLETE ASSESSMENT PACKAGE: only for the routine clinical conditions. Please use the Customized Nutrition Package for other / additional clinical conditions.

Complete Assessment Package is an all-inclusive package with 3 hours of services designed for clients who want to eat healthier, lose weight and lower their insulin resistance. Includes a one-hour initial appointment to establish dietary goals, collect personal and family medical history, review any recent laboratory tests and conduct a complete food habit and lifestyle review. Based on the information collected, an Individual Meal Plan will be designed factoring in your weight management goals. Review of your Meal Plan, teaching of simple yet accurate ways to estimate portion sizes, and answering questions will take place during the final one-hour Nutrition Education Session. \$350 / pkg

PEDIATRIC - aged 6 - 19 years, includes ht/age, wt/age, BMI/age, growth projection +\$50

PRENATAL - 3 versions of Meal Plan for each trimester with additional nutrient calculations, weight gain, etc +\$50

Add-on Options: (details on web page)

Early Chronic Kidney Disease CKD teaching, plus low sodium / low potassium. +\$100

improve iron from food option -2 separate teachings +\$100

add-on option (select choice, below) +\$75 ea.

GERD	gout	diverticulitis	low sodium diet low	kidney stones (urate/oxalate)
	migraine	hiatus hernia	potasium diet	hypothyroidism

3. FOLLOW-UP PACKAGES:

Dietary Management Package: The Dietary Management Package is a follow-up package for those who've taken the Complete Assessment Package and would like additional support or 'coaching'. The Dietary Management Package can be taken as 6 half-hour sessions or as 3 one hour-sessions – or a combination of full hour and half hour sessions totalling 3 hours of services. \$350 / pkg

Anti-Inflammatory Protocol Package: designed to help people learn which foods promote inflammation so that they can limit them and which foods are evidence-based to have anti-inflammatory properties in order to increase intake of them, with the goal of reducing pain & symptoms. \$350 / pkg

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4. CUSTOMIZED SERVICES:

Customized Nutrition Package: please specify services sought (not described under existing packages) and price requested for those services:

To be completed ONLY by the Dietitian:

I agree to provide the services outlined in the Customized Nutrition Package description at the following cost:

Registered Dietitian's Printed Name:

\$ _____

Date Signed: Day Month Year:

5. SPECIALIZED SERVICES:

Food Sensitivity / Food Allergy Management Package: designed for clients who suspect they may be sensitized to certain foods or components of foods. Uses a combination of standard assessment tools and where appropriate, will request the client's MD to requisition IgE specific serum antibody allergy testing (covered by MSP) to determine whether antibodies to specific foods / food classes are present. Includes 3 one-hour visits or a total of 3 hours of services. \$350 / pkg

Celiac Disease Management Package: specifically designed to cover each of the topics listed on the Canadian Celiac Association's web page in sufficient detail so as to enable a newly diagnosed Celiac to safely select foods and ingredients at home and away from home. This package will also fill in 'gaps' in knowledge in celiacs who have been diagnosed for some time or those who need to avoid gluten for other reasons. Includes 2 x 1.5 hour appointments. *Topics include;* \$350 / pkg

- | | |
|--|---|
| 1. What is Celiac Disease | 8. What does "Gluten-Free" in alcoholic beverages mean? |
| 2. Nutrition Complications in Celiac Disease | 9. Gluten-Free Shopping in the Lower Mainland |
| 3. Getting Started – what to eat at first | 10. Gluten Sources in Medications & Gluten-Free Medications |
| 4. Ingredients | 11. Avoiding Cross-Contamination in Food Preparation |
| 5. Gluten-Free Food Ingredients list | 12. Lower Mainland Restaurants |
| 6. Non-Gluten-Free Food Ingredients | 13. Celiac Medical Expenses for Tax Deductions |
| 7. Gluten-Free Alcoholic Beverages list | 14. Recommended Resources – in print and online |

Inflammatory Bowel Disease (IBD) Package: is designed for clients who have been diagnosed with Inflammatory Bowel Disorder (Crohn's Disease, Ulcerative Colitis) and who have been advised to follow a low residue diet to minimize the symptoms of 'flare ups' and a low-FODMAP diet once stable. This package will teach you which foods need to be avoided to minimize gastro-intestinal symptoms both during flares and afterwards, with the goal of minimizing flare-ups. Includes 2 one-and-a-half-hour visits or a total of 3 hours of services. \$350 / pkg

Irritable Bowel Syndrome (IBS) Package: is designed for clients who have had clinical conditions such as Inflammatory Bowel Disorder (Crohn's, Colitis etc.) and Celiac disease ruled out and who require support to determine which foods or food components and/or beverages are contributing to their ongoing, unpleasant gastro-intestinal symptoms. Includes 3 one-hour visits or a total of 3 hours of services. \$350 / pkg

Polycystic Ovarian Syndrome (PCOS) Package: is designed for women who have been diagnosed with PCOS and who want to lower insulin resistance as well as high circulating levels of insulin associated with interference with ovulation, and excess testosterone. This package provides 3 hours of services which are broken down into a one-hour Assessment visit, design of your Meal Plan (one hour), and one hour Nutrition Education Session about the food categories, portions sizes, and how to make exchanges for other foods. \$350 / pkg

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DISTANCE CONSULTATION and REGISTERED DIETITIAN REGISTRATION

The clinical office and place of business is in Coquitlam, British Columbia, Canada and Joy Y. Kiddie is registered with the College of Dietitians of British Columbia, as well as the College of Dietitians of Ontario and Alberta. Telehealth services will be deemed to have taken place in Coquitlam, British Columbia.

SELECTION OF PACKAGES and PACKAGE EXPIRY

Complete blood test results will need to be received prior to the design of the Individual Meal Plan for those taking a Complete Assessment Package but the package may be started pending their reception. Packages must be completed within three (3) months from the date indicated at the bottom of this form, after which they will be deemed to have expired.

PAYMENT METHODS, RECEIPTS and CANCELLATION OF SERVICES

Payment in Canadian dollars (CDN) shall be made at the time of booking services either by e-transfer or credit card on the SSL encrypted web page (www.bbdnutrition.com).

A Flexible Payment Option is available for the Complete Assessment Package (and other packages by prior agreement) with payments as follows: \$150 + GST paid at the time of booking the first appointment, \$100 + GST is to be paid when booking the second service, and \$100 + GST is to be paid when booking the third service. Completion of the Flexible Payment Option Form is required.

Payments for packages that have already begun are non-refundable, however should the office receive written notice requesting cancellation of services 7 days or more prior to the first confirmed appointment, a refund will be provided via e-transfer within 7 business days, minus any credit card charges related to the payment for services, minus a \$25 administrative fee. Services that are paid for in advance need to be started within 3 months, or become non-refundable after 3 months.

APPOINTMENT CANCELLATION, RESCHEDULING and 'NO-SHOWS'

Cancellation or rescheduling of an appointment with less than 24 hours' written notice will result in a one-hour (\$150.00 + GST) charge being applied. Failure to keep an appointment ('no-shows') will be considered as a completed visit.

CLINICAL VISITS

In order to collect accurate information, appointments are one-on-one, however a friend or family member may attend the final Nutrition Education Session in the Complete Assessment Package by prior arrangement.

CONFIDENTIALITY

All discussions with the Dietitian and all records related to nutritional services are confidential and will not be shared with any other person, health care provider or organization without prior knowledge and written consent of the client.

For confidentiality, laboratory test results should have confidential information redacted prior to emailing to us.

ROLE OF THE CLIENT'S PHYSICIAN

The client's physician is responsible for overseeing their healthcare, and it is the client's responsibility to inform their doctor that they are planning to consult with a Registered Dietitian. If their physician has specific dietary recommendations, the client will request that their physician write a referral to BetterByDesign Nutrition Ltd. / BBD Nutrition with their instructions.

If the client does not have a General Practice / Family Practice Physician, they will consult with a physician at walk-in clinic regarding their intention to see a Registered Dietitian and ask if they have any specific recommendations.

If the client has been prescribed medications to control their blood sugar, cholesterol or blood pressure, they understand that it is their responsibility to ensure that they have a physician monitor their medication dosage(s) as they lose weight.



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STATEMENT OF UNDERSTANDING:

I hereby attest that I am seeking nutrition consultation session(s) on my own behalf in order to learn nutritional and lifestyle information that I may apply in everyday life.

I understand and accept that the services provided by Joy Y. Kiddie, MSc RD of BetterByDesign Nutrition Ltd./ BBDNutrition do not involve the diagnosis, treatment, mitigation or prevention of a disease or disorder or abnormal physical state or their symptoms and that I am providing lab tests results for information purposes only.

I understand and accept that Joy Y. Kiddie MSc, RD of BetterByDesign Nutrition Ltd. / BBDNutrition is licensed as a Registered Dietitian in British Columbia, Ontario and Alberta and that services are provided by telehealth software from the company's Coquitlam, British Columbia office.

I understand and accept that I am fully responsible for my own health and that recommendations provided to me do not replace, supersede or substitute for the diagnoses and treatment recommendations of my physician(s).

I understand and accept that it is my responsibility to consult with my physician [or in the absence of one, with a physician at a local walk-in clinic] with regards to implementing any recommendations provided to me *prior* to changing my dietary intake, eating pattern and/or physical activity.

I understand and accept that if decide to pursue a low carbohydrate diet that the initial Meal Plan that will be designed for me will be at a significantly reduced level of carbohydrates and will begin at 130g of carbohydrate per day (unless otherwise prescribed by my physician or already following a ketogenic diet). Carbohydrates will be gradually reduced only as required to attain desired clinical outcomes.

I understand and accept that it is my responsibility to have clarified anything I do not understand on this form with Joy Y. Kiddie, MSc, RD prior to signing the form.

I understand and accept that Joy Y. Kiddie MSc, RD of BetterByDesign Nutrition Ltd. / BBDNutrition has the right to refuse treatment or terminate provision of services.

I understand and accept that services will be provided to me virtually through a secure telehealth portal and will be deemed to have taken place in Coquitlam, British Columbia, Canada.

CONSENT FOR NUTRITION SERVICES

I understand and accept that there are both benefits and risks involved with any nutrition or physical activity recommendations and I have, or will consult with my physician before implementing any nutritional, exercise or lifestyle recommendations provided to me by the Dietitian.

I understand and accept that this consent expires six (6) months from the date indicated directly below.

I hereby give my consent for the above indicated services.

Client's First Name, Middle Initial, Last Name: (required)

(required) By checking off this box, I declare that I have read this form, understand and agree with its contents.

(required) By checking off this box, I agree to all the terms above and understand that my typed name below is as legally binding as my physical signature.

Client's signature:
(required)

Date:
(required)