

Practice Guidelines and Policies

Congratulations! You have made a commitment to improve your health through personalized nutrition and lifestyle management. In order to better serve you and provide the best possible care for all of our valued clients, please read the following practice information and policies:

- It is important to understand that creating lasting behavioral change is a process that takes time. Meeting nutritional and lifestyle goals typically requires more than one session.
- Be sure to fill out and send the “new client intake” and consent forms prior to our first meeting. Please include any recent labs or other relevant medical information.
- All forms can be downloaded at www.HarmonicNutrition.com and returned via fax at (866) 423-9202 or email.
- If you cannot make your appointment, please let us know as soon as possible so we can offer it to someone else. To avoid being charged, please give minimum of 24-hour notice for all cancelled or changed appointments.
- We do not accept payment by insurance companies. It is the client’s responsibility to determine if their health insurance offers reimbursement for nutrition services. Upon request, we will provide a “super bill” which can be submitted to the insurance company for possible reimbursement.
- All insurance companies require a signed physician referral form (with diagnosis) for reimbursement purposes. If you plan to submit a claim for MNT to your insurance company, please bring the signed referral form to your first appointment.
- Payment is required at time of service. We accept cash, check, credit cards, and flexible spending debit cards. Or, you may send an electronic payment via Paypal @ Leslibitelk@gmail.com.
- Packages must be used within 12 months of purchase. We do not provide rebates on pre-purchased packages.

We look forward to assisting you in your health and wellness journey!