



WELCOME LETTER

Congratulations! You've made a decision to improve the quality of your life through nutrition therapy. This involves not only addressing what you eat, but also how you think and feel about food and your body. Just as each of us is unique, nutrition therapy is not a one size fits all approach. Alamo Nutrition Consultants will strive to understand your needs, preferences, and goals in order to offer realistic and personalized solutions for your nutrition and health concerns. Because our habits are deeply engrained, making changes that will last a life time occurs in stages and often takes time. Please be patient. People often wonder how many times we'll need to meet. That entirely depends on the purpose of our meeting, your goals, your readiness to change, what support systems you have in place, and many other factors. While I might not be able to answer that question definitely, here's what you can expect.

INITIAL CONSULTATION:

- Detailed evaluation of your current nutritional status.
- Personalized eating strategies and meal plans for optimal results and health
- Development of your foundational action plan
- Tailored follow-up plan

Please complete and fill out the following items and bring to your first appointment or send them to us before your first visit for the most best initial visit.

- 1) Payment & Cancellation Agreement
- 2) Nutrition Assessment Form
- 3) 3 Day Food Record

SUBSEQUENT SESSIONS:

Follow up sessions will include re-evaluation of your nutrition, review of goals and strategies, evaluation of follow up laboratory work (as needed), and update your plan or goals to meet your needs.

Sincerely,

Vijaya Botla RDN, LD

Office Location: 621 Camden St, Suite 202
San Antonio, TX 78215
phone: (210) 971-0044
fax: (210) 212-7403
(located in the Camden Medical Center Building
on the 2nd floor with Digestive Diseases Center)

Time Needed: Initial Consultation: 60 minutes
Follow-Up Consults: 30 minutes

PAYMENT & CANCELLATION AGREEMENT

- All appointments may be paid with cash or check at the end of the visit.
(Please make all checks payable to Alamo Nutrition Consultants)
- All appointment cancellations must be completed 24 hours in advance. Failure to cancel within 24 hours will still require payment of the service.
- There will be a \$30.00 charge for all returned checks.
- Appointments start on time. If you are late, you can use the remaining time of your appointment but not beyond that. You will be required to pay for the entire cost of the visit.
- All payments are non-refundable.
- For any concerns, please contact us at 210-971-0044 or vjbotla@ANCtexas.com

I have read and agree to the terms of this contract _____

Your signature (virtual or handwritten).