

Niamh O'Connor BSc, Dip, RD MINDI
Consultant Dietitian & Clinical Nutritionist
1st floor, Elmwood Medical Centre, Frankfield, Douglas, Cork.
Phone (021) 4893255 for appointments

Weight Management Programme 2013

Main features include....

- Private, individualised one-to-one programme with qualified dietitian / clinical nutritionist, thereby avoiding nutritionally inadequate diets & rapid unsafe weight loss.
- Assessment will include medical history, weight history, eating behaviour, current medical condition and symptoms, current diet & nutritional intake, vitamin intake & other supplements
- An individual meal plan will be designed for you, to meet your daily nutritional requirements, while you continue to lose weight slowly & safely
- Any underlying medical conditions such as Diabetes, cholesterol or Coeliac disease can also be included in your tailor-made eating plan.
- A letter may be sent to your GP (with your permission) including a summary of the initial consultation, targets and progress, and possible request for various tests.
- **The programme comprises 7 consultations in total, the first lasting approx. 1 hour. Duration of review appointments vary, but are approx. 30 mins.**
- All consultations are by appointment, and are conducted in a private relaxed environment by a qualified health & nutrition professional

Fees for Weight Management programme

Initial 1-hour consultation + 6 review consultations = €340 (save €50)

In order to avail of the reduction in fees, the weight management programme must be paid for in full on the day of the first consultation.

Methods of payment: Credit card, Laser debit card, Cash, or cheque. It is the policy of this practice to issue receipts for each consultation.

Because Niamh is a qualified state registered dietitian/clinical nutritionist and is a member of the Irish Nutrition and Dietetic Institute, consultation fees are approved by VHI, Laya Healthcare, Aviva & GloHealth.

Fees may also be included for **tax relief on medical expenses**, using the MED.1 form. This form & an information leaflet may be downloaded from www.revenue.ie

**Reimbursement of Private Dietetic fees from Health Insurance Companies
(Feb. 2012)**



Plan	Benefit amount / Re-imburement	Maximum combined visits to complementary practitioners	Excess € (per member)
Plan A & B	€13 per visit	12 per year	€300
Plan A & B options	€20 per visit	12 per year	€250
Plan C, D & E	€20 per visit	12 per year	€200
Health Steps Silver	€25 per visit	7 per year	€1
Health Steps Gold	€35 per visit	7 per year	€1
Family Plan Level 1	€25 per visit	7 per year	€25
Family Plan Level 2	€35 per visit	7 per year	€25
Parents & Kids, Excess Plan	€13 per visit	12 per year	€300
Parents & Kids, Excess 150	€13 per visit	12 per year	€150
Company Plan Plus Level 1.0 & Level 1.1	€25 per visit	7 per year	€1
Company Plan Plus, Level 1.2	€30 per visit	12 per year	€1
Company Plan Extra, Level 1	€35 per visit	7 per year	€1
Company Plan Extra, Level 2 & 3	€40 per visit	12 per year	€1
Extensive Range of PMI plans Check out: www.hia.ie Or phone VHI on 1850 44 44 44	up to €40 per visit	12 per year	€1

Further details on <https://www.vhi.ie/> or phone **1850 444444**



Plan	Benefit amount / Re-imburement	Maximum visits	Excess € (per member)
Health Manager Suite (all policies)	50%	5 per year	€1
Care Manager Suite (all policies)	50%	5 per year	€1
Essential Suite (all policies)	Up to €25 per visit	5 per year	€150 - €250 (<i>individual</i>) €250 - €470 (<i>family</i>)*
Credit Union – Starter Scheme	Up to €25 per visit	5 per year	€1
Credit Union – Family Scheme	50%	8 per year	€1
Health Sense Suite	Up to €20 per visit	5 per year	€220 (<i>individual</i>) €440 (<i>family</i>)*
Health Wise Plus	Up to €20 per visit	5 per year	€220 (<i>individual</i>) €440 (<i>family</i>)*
Simply Health Suite	50%	5 per year	€1
Company Health (standard)	Up to €20 per visit	5 per year	€250 (<i>individual</i>) €470 (<i>family</i>)*
Company Health Plus	Up to €20 per visit	5 per year	€220 (<i>individual</i>) €440 (<i>family</i>)*
Company Care Suite: Starter, Choice, Standard & Gold plans	50%	5 per year	€1
Company Care Plus & Company Care Premium	50%	5 per year	€1

NOTE: * Family = “a member with dependants”

Further details on <http://www.quinnhealthcare.ie/> or phone 1890 700 890



Plan	Re-imburement	Maximum combined visits	Excess € (per member)
Level 2 Health Excess (Day to day plan)	<u>€30 per visit</u>	4 per year	€0
Level 2 Complete Health	<u>€20 per visit</u>	12 per year	€250 per member
Level 2 Hospital (Day to day plan)	<u>€30 per visit</u>	4 per year	€0
Level 2 Family Health (Day to day plan)	<u>€30 per visit</u>	4 per year	€0
Me Plan, Level 1 Day-to-day	<u>€30 per visit</u>	3 per year	N/A
Me Plan, Level 1 Day-to-day 50	Up to €25 per visit	8 per year	€0
We Plan, Level 1, 3, 4 & 5 Day-to-day	<u>€30 per visit</u>	3 per year	N/A
We Plan, Level 1, 3, 4 & 5 Day-to-day 50	Up to €25 per visit	8 per year	N/A
Business Plan Plus	<u>€20 per visit</u>	3 per year	€0
Business Plan Select & Business Plan Select Plus	€25 per visit	7 per year	€0
Business Plan Extra	50% (up to €30)	24 per year	€0
Business Plan Complete	€40 per visit	12	€0
Business Plan Executive	€40 per visit	12	€0
Nurses & Teachers Level 2 Hospital plan with Day-to-Day	<u>€30 per visit</u>	4 per year	€0
Total Life	Not covered at Present		
We plan Citi	Not covered at Present		

Further details on <http://www.avivahealth.ie/> or phone 1890 717 717



GloHealth insurance policies allow for out-patient visits to Nutritionists as part of their add-on complimentary health packages. I can confirm that they have the same controls in place as VHI, Aviva & Quinn/Laya healthcare, and only GloHealth members who attend qualified dietitians/nutritionists (who are members of the Irish Nutrition & Dietetic institute) can submit receipts for claims.

Plan	Re-imburement	Maximum visits	Excess €
Core Health insurance Plan with Complimentary Therapy package	€25 per visit	2 visits per year	€150 (individual) €200 (family)
Core Health insurance Plan with Kids Health Package	€25 per visit	2 visits per year	€150 (individual) €200 (family)
Core Health insurance Plan with Women & Mens Health package	€25 per visit	2 visits per year	€150 (individual) €200 (family)
Premium Health insurance Plan: Ultra Package	€25 per visit	2 visits per year	€150 (individual) €200 (family)
Premium Health insurance Plan: Ultimate Package	€25 per visit	2 visits per year	€150 (individual) €200 (family)

Further details on <http://www.glohealth.ie/> or phone 1890 781 781

All figures obtained from each Health Insurers Websites & customer care lines on 22nd February 2012.

GloHealth Figures obtained from their customer care line & added on 18/7/2012.