

### Referred to; Diëtistenpraktijk DDietist – The Holistic Dietician.

You have been diagnosed with Gestational diabetes (pregnancy diabetes).

It is important that you gain professional insights into your diet, sleep, exercise, hormonal balance and lifestyle pattern (holistic) to improve glucose levels, so that no complications arise during pregnancy (for the baby and the mother herself).

VPHygiea works together with Dietistenpraktijk DDietist, there for important information can be shared between practices (this personal information stays between our practices), and the treatment around your pregnancy is optimal. The treatment of Dietetics will be digital (partly by email, consultations by videocall or chat (chat; with the possibility to read all information back and use Google translate when necessary – consultations are possible in Dutch of English).

**Rate of the total treatment, steps mentioned below: 294 euro (by own payment first).**

### Here are the steps of the treatment.

1. Referral / referred by the midwife to Dietistenpraktijk DDietist (The Holistic Dietician) by VPHygiea.
2. Client makes an appointment at Dietistenpraktijk DDietist (by phone or by WhatsApp (By Whatsapp, normally the dietician replies sooner, due to consultations of the dietician) and pays the treatment traject prior to the treatment. The entire treatment process (steps 1-6) is 294 euros (direct time and indirect time) – The invoice will be send by email prior to starting treatment > own transfer (please mention the invoice number on the invoice) OR by payment link, send by the dietician on WhatsApp. The invoice can be sent to the insurance company after payment, for possible reimbursement/declaration. The amount of reimbursement is depending on your insurance policy/company\*.

*\*Reimbursement through the insurance depends on your policy. Dietistenpraktijk DDietist works without contracts to better guarantee the privacy of the client, and treatment freedom (no 'schijf van vijf, basic information' but personalized advices). All information discussed during the session remains between the client and dietitian (and midwifery VPHygiea). The dietitian has 14 years of experience as a dietician and in the treatment of gestational diabetes. The dietician is registered with the **Quality Register Paramedics (KP number: 89912937389)** and is registered with all necessary **professional associations (NVD: Lidnr: 957147 and the NDN)**. If you would like to know how much can be re-imbursed, then please ask your insurance how much (in euro) you receive back, for a treatment at a dietician without contracts (please share the quality code / NVD code with the insurance for the right information) per 15 min or one hour. The dietician can adjust your invoice to the quarter rate (or hour rate) you can declare at the insurance, for the highest re-imburement possible within your policy. Please inform the dietician about the amount of reimbursement at your insurance company and within your policy. See for more information on (website):*

*<https://www.ddietist.nl/pakket-zwangerschapsdiabetes-vp-hyg>*

3. Client receives explanation about glucose machine and diary from the Dietitian by email -> client picks up glucose machine at the practice VPHygiea (or received the order made by VPHygiea by post) --> (send by email after payment of the treatment traject) Client measures glucose according to explanation of the Dietitian + keeping track of a food diary (1 week) using the emailed template by the dietitian (+ explanation of measuring the bloodglucose with the machine, goal rates in bloodglucose, etc. by email).
4. Client sends tracked information back by email to the Dietitian.
5. The Dietitian prepares all information sent by the client --> consultation with Dietitian takes place (digital video call consultation (max. 60 minutes), or chat by WhatsApp regarding evaluation, diary, and curves.
6. Client implements feedback from the dietician, received during the session in the upcoming trimester(s) of pregnancy) and shares again by email, to the dietician, a one-week fooddiary and bloodglucose measurements > during the upcoming week after the videocall session ---> client receives feedback on diary/measurements again by the dietician, by email – evaluation (one way).

*(The dietitian will keep the midwife informed of the treatment and results – this personal information stays between the dietician and midwife(s) from Diëtistenpraktijk DDietist and VPHygiea).*

**Explanation of the rate:**

*(indirect time) WhatsApp contact with the client (information about treatment) / administration preparation / Email explanation and information > 56 euro*

*(indirect time) Medical file / preparations by the dietician (diary) > 56 euro*

*(direct time) Consultation of max. 60 minutes > 98 euro*

*(indirect time) Evaluation by email / medical file adm. > 56 euro*

*(indirect time) Feedback midwife practice / medical file adm. > 28 euro.*

**Total 294 euro.**

*Direct time > worktime with the client.*

*Indirect time > worktime of the dietician, without the client.*

**Optional: (additional rate):**

7. (In some cases, its necessary to schedule a ‘follow up- week-evaluation’ of glucose levels when levels are not aligned within the healthy bloodglucose values (short session 30 min direct time (consultation) and 15 min indirect time (medical file) 76 euro).
8. Optional: schedule additional consultations for coaching, if necessary, outside the traject prescribed above.