

## **Referred to; Diëtistenpraktijk DDiëtist - 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, 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 DDiëtist, therefore 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 or English).

### **Here are the steps of the treatment.**

1. Referral / referred by the midwife to Dietitian Practice DDiëtist via VPHygiea.
2. Client makes an appointment at Dietistenpraktijk DDiëtist (by telephone or by WhatsApp (Via WhatsApp a faster response is possible due to consultations of the dietician) and pays the package prior to the treatment. The entire treatment process (steps 1-6) is 150 euros (normal price 234 euros) – Payment will be made via an invoice by email, own transfer, or Payment link (can be paid with any bank) – by WhatsApp). The invoice can be sent to the insurance company after payment.

*Reimbursement through the insurance depends on your policy. Dietitian practice DDiëtist deliberately works uncontracted to better guarantee the privacy of the client. All information discussed remains between the client and dietitian (and midwifery VPHygiea). The dietitian has 13 years of experience in the treatment of gestational diabetes and is registered with the Quality Register Paramedics (KP number: 89912937389) and is registered with all necessary professional associations (NVD: Lidnr: 957147 and the NDN). Due to the discount on the entire treatment due to cooperation with VPHygiea, the treatment is cheaper than usual. See more information on the 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 --> client measures glucose according to explanation of the Dietitian + keeping track of a food diary (1 week) using sent template by the dietitian (+ explanation by email).

4. Client sends tracked information back by email to the Dietitian.

5. The Dietitian prepares all information sent --> consultation with Dietitian takes place (digital video call consultation, or chat by WhatsApp regarding evaluation, diary, and curves).

6. Client performs feedback (following week) and again keeps track of diary and curves (1 week) ---> client receives feedback on diary again, now by email (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 Dietistenpraktijk DDiëtist and VPHygiea).*

7. (Possibly schedule additional consultations for coaching, if desired outside the package).