

Important information on working method, fees, and reimbursement

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Contract-Free Practice

I consciously work **without contracts with health insurers**. This offers you as a client the following benefits:

- **Greater treatment freedom**, including a holistic approach (not limited by the Dutch Nutrition Guidelines only, or governmental frameworks).
 - **Better privacy protection**: your data remains strictly between you and me.
 - **Full transparency**: no hidden costs or unexpected invoices.
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Fees & consultation options

Intake

- **Optional Intake Preparation** – €126
60 minutes direct + >30 minutes indirect time. Support with completing the intake form and food diary. *(Rarely chosen)*
- **Intake including personal advice** – €180 *(valued at €280)*
60 minutes direct + >60 minutes indirect time. Includes advice, medical file setup and notes, diary preparation, intake form preparation, and a summary of the session on a handout.

Lab Preparation (added to intake or follow-up if needed)

- **Each, Small lab preparation** (e.g. blood work via Orthobalans) – €56
30–40 minutes indirect time.
- **Each, Extensive lab preparation** (e.g. microbiome analysis / rapport) – €112 -
60 minutes indirect time.

Follow-Up Consultations

- **Short follow-up (30 min)** – €76
Includes medical file administration and a summary of the session on a handout.
- **Long follow-up (60 min)** – €126
Includes medical file administration and a summary of the session on a handout.

Example: Follow-up incl. lab evaluation:

- Short + small lab evaluation – €132 (€76 + €56)
- Long + small lab evaluation – €182 (€126 + €56)
- For extensive lab evaluations, a €112 surcharge applies instead of €56.

Optional

- **Parent consult / chat support** – €48–€76
Based on time invested, incl. Medical file adm./documentation. Periodic parent meetings or support group available (rate upon request).
- **Interdisciplinary consult** (e.g. with your GP) – €48–€76
Based on time invested, incl. Medical file adm./documentation.



Reimbursement by your Health Insurance:

- The **basic health insurance** in the Netherlands covers *3 hours of dietetics per year*, usually at a rate of €15–€20 per 15 minutes (€60/hour).
- **Supplemental insurance** may reimburse additional hours, depending on your policy.

Conditions for Reimbursement:

- A **referral from your GP with AGB code** is required.
- You **pay the invoice yourself before the consultation**, then submit it to your insurer with the referral afterwards.
- Most insurers reimburse **70–75%**, depending on your policy.
- Note: **Some policies** often reimburse less than **restitution policies**.
- **Deductible (€385)** applies to adults; **not to children under 18**.



Payment & Invoicing

- Consultations are **invoiced in advance** and paid via a secure **payment link**.
- You will receive **the invoice via email**. After your consultation, you can submit it to your insurer for reimbursement.

? Questions or need assistance?

You're welcome to book a **free, no-obligation clarity call**.

Feel free to WhatsApp me to schedule or to ask questions about your treatment, referral, or to request a personalized fee overview (during or after the call, shared via handout).
