


## Important information about Practice, Fees & Reimbursement (2026)

Dascha Willemsen – Holistic/Paramedical Dietitian & Nutritional Psychologist

### Contract-Free Practice.

I intentionally work **without contracts with health insurance companies**. For information regarding possible reimbursement through your health insurer, please refer to " **Health Insurance Claims & Reimbursement**" in this handout.

This offers you the following advantages:

- Greater freedom of treatment, including a holistic approach (not limited to the Dutch 'Schrijf van Vijf' nutritional guidelines or other government dietary guidelines).
- Better privacy protection: your personal information remains confidential between you and me.
- Full transparency: no hidden fees or unexpected invoices.

### Online consultations.

- Currently, consultations are available **online via secure video consultation only**. You can attend your consultation from any location with an internet connection, without travel time, and from the comfort of your own environment. Many clients find online consultations very convenient, although personal preferences may vary.

---

### Fees & consultation options.

**Most popular consultations & programmes:**

Would you like more information about a personalised programme? Feel free to ask about the possibilities during a **free, no-obligation Clarity Call**.

Initial consultation:

*Optional Intake Preparation – €126*

- *60 minutes of direct consultation time plus more than 30 minutes of indirect preparation.*
- *Assistance with completing the intake questionnaire and food/symptom diary.*
- *(This service is rarely requested.)*

*The Intake: Initial Consultation Including Personalized Advice: €180 (Value: €280)*

- 60-minute video consultation.
- 60 minutes of indirect preparation.
- Includes:
  - creation of your medical record;
  - analysis of your food and/or symptom diary;
  - review of your intake questionnaire;
  - personalised nutritional advice;
  - a written consultation summary provided as a handout.

*Possible additional fee during the Initial Consultation:*

An additional fee only applies if laboratory test results or other medical records are shared **before** the consultation and require extensive review and evaluation in advance.

Reviewing the intake questionnaire, food/symptom diary and, where applicable, the microbiome questionnaire (depending on the question of help) is included as part of the standard intake preparation and rate of 180 euro.

---

*Additional fees for preparation & laboratory data review (when required).*

**Small preparation / evaluation: + €56.**

*30–40 minutes of indirect professional preparation.*

Examples include:

- evaluation of blood test results (e.g. regular laboratory blood work or Orthobalans);
- preparation and assessment of a food or symptom diary;
- review of observations;
- evaluation of other documents or information submitted prior to the consultation requiring preparation.

**Extensive preparation / evaluation: + €112.**

*60 minutes of indirect professional preparation.*

Examples include:

- comprehensive microbiome analysis (results from a private laboratory);
- extensive food or symptom diaries;
- extensive observational data;
- other substantial documentation submitted in advance requiring additional preparation.

---

*Personal holistic health plan:*

**Optional: €480,-**

*Without an initial video consultation.*

After receiving your intake documents by email (such as the intake questionnaire, food/symptom diary, microbiome questionnaire if applicable, and previous laboratory results from your GP or medical specialist), the dietitian will prepare a comprehensive and highly personalized **Holistic Health Plan**.

---

*Follow-up consultations:*

**Short follow-up consultation (30 minutes): €76.**

Includes medical record administration and a written consultation summary.

**Extended follow-up consultation (60 minutes): €126.**

Includes medical record administration and a written consultation summary.

*Follow-up consultation including preparation / evaluation (additional Fee):*

When laboratory results, food or symptom diaries, observations, or other submitted information require review before the consultation, the following additional fees apply:

- Short consultation + small preparation/evaluation: **€132** (€76 + €56)
- Extended consultation + small preparation/evaluation: **€182** (€126 + €56)
- Extensive preparation/evaluation: **additional €112** instead of €56.

Optional services:

**Parent consultation or Chat support: €48–€76.**

Depending on the time invested, including medical record administration.

Regular parent consultations or participation in a support group can also be arranged (fee upon request).

**Multidisciplinary consultation (e.g. with your General Practitioner): €48–€76.**

Depending on the time invested, including medical record administration.

**Laboratory testing:**

Testing can be arranged through a private laboratory.

Laboratory costs depend on the specific test(s) selected.

Please note that an additional fee of **€56–€112** may apply for preparation, evaluation and documentation of laboratory results during your consultation.

---

Health insurance claims & reimbursement:

- Dutch basic health insurance generally reimburses **3 hours of dietary counselling per calendar year**, usually at a reimbursement rate of approximately €15–€20 per 15 minutes (approximately €60 per hour).
- Supplementary health insurance may reimburse additional hours, depending on your policy.

Conditions for Reimbursement

- You will need a referral from your General Practitioner (GP) containing the referring physician's **personal AGB registration number** (not the practice registration number). Please specifically request this when obtaining your referral, as reimbursement may otherwise be declined by your health insurer.
- You pay the consultation invoice before your appointment.
- After your consultation, you may submit your invoice together with your referral to your health insurance provider.
- Most Dutch health insurers reimburse approximately **70–75%**, depending on your insurance policy.
- Natura insurance policies generally reimburse less than restitution policies.

- The annual deductible (€385) applies to adults but **does not apply to children under the age of 18.**
- 

### Payment & Invoicing:

- Consultations are invoiced in advance.
  - You will receive an invoice by email including a secure payment link.
  - After your consultation, you may submit your invoice to your health insurance provider for reimbursement, if applicable.
- 

### ? Questions or Need Assistance?

You are welcome to schedule a **free, no-obligation Clarity Call.**

Simply send a WhatsApp or Signal message to arrange an introductory call, ask questions about treatment, or request a personalised fee overview. During or after the Clarity Call, you can receive a customised overview in the form of a handout if desired.