

Important information on working method, fees, and reimbursement...

Dascha Willemsen – Holistic/Paramedical Dietitian & Nutrition Psychologist.

 **Contract-Free Practice**

I work **without health-insurers-contracts**. 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.

 **Digital consultations:**

- Currently, The Holistic Dietician only provides digital (remote) / video-consultations. *You can take consultations from any place (with an internet connection), without travel time, in your own familiar environment. Many clients experience digital consultations as very pleasant, but this is of course personal.*

 **Fees & consultation options:**

Regular (most chosen) options... *(for more options – check the website (rates) – or discuss options during a free-nonbinding clarity call).*

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.

- **Optional: Personal Holistic Health Plan (without intake video consultation)**
After sharing your intake preparation via email — such as the intake form, your diary, any microbiome questionnaire (depending on your health question), and previous lab results from your GP or specialist — the dietitian will create a comprehensive **Personal Holistic Health Plan** for you. **Price: €480.**

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.
- **Lab tests by the private lab (rate is depending on specific test)** (Please keep in mind the additional costs of evaluation/ medical file adm. (+ 56-112 euro per lab test or rapport) of the lab results, on top of the consultation session).

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 (GP's or referrer's personal code, ***not*** the 'practice-code') is required. (*Indicate this specifically (to your referrer) when you ask for a referral, otherwise the health insurer may reject your invoice and referral with regard to the claim.*)
 - 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, non-binding clarity call**.

Feel free to WhatsApp (or Signal) 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).
