

MOMENTUM Nutrition & Fitness
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FOOD.FITNESS.FUN.

Welcome! I look forward to working with you in helping you to achieve your nutrition and fitness goals. The following guidelines have been established to facilitate our work together. Please feel free to comment or ask any questions you might have. I am here to help guide and encourage you to make change.

Expectations

Expectations are a crucial part of nutrition therapy. I expect only three things:

1. That you will communicate your expectations up front, and as they arise.
2. That you will come to session on time and that you will be ready to work when you are here. This means coming to session with nourishment in your body. If you have not had a snack, I will be happy to provide you with one.
3. That we will have respect for one another.

If you are not getting what you need out of nutrition therapy, don't be shy...let me know! I am here to create a plan that works for you!

Confidentiality

Our sessions are held in strict confidence. I value your honesty and the relationship we develop is key to successful treatment. Please note I cannot speak to anyone about your case unless you have given me written permission. This includes parents, coaches, teachers, siblings, and other health professionals. A release form will be used to speak to the other members of your treatment team.

Session Length

Initial consultations last 70 minutes. Follow-up visits are 50 minutes in length. Occasionally session times can be adjusted if progress warrants a shorter follow-up times.

Cancellations

If you must reschedule or cancel a session, please do so at least 24 hours in advance of the scheduled session using my voicemail only (EE- 206-696-4386 or MVW 206-321-5233). Email cancellations will not be accepted. If you must cancel or reschedule less than 24 hours notice, you will be charged for the missed appointment. Emergency situations (death in family, car accident not traffic, cold/flu) only, may be rescheduled without charge.

Communicating Between Sessions

A benefit to choosing Momentum as your nutrition/fitness professional is that we are available to assist you via e-mail (emily@momentum4health.com monica@momentum4health.com) or phone (206-696-4396, 206-321-5233) for a brief connection, if needed, between sessions. We are here to help you! Your nutrition/fitness professional will get back to you as soon as possible. If you are having an emergency, please call the crisis line or 911. If your challenge requires additional time, an appointment may need to be scheduled.

Billing

Payment must be made at the time of service unless other arrangements have been made. If we are not a provider with your insurance company, we are happy to provide you with the appropriate documentation for you to submit for reimbursement by your insurance company. Please note that insurance cannot be billed for missed appointments that are not cancelled within 24 hours.

Please sign here indicating you understand and agree with the above: _____