

Nutrition & Dietitian Services

Silva Nazaretian BSc., BNutr. & Diet.
Accredited Practising Dietitian
☎ 0413 303 076
✉ moderatenutrition@live.com.au
🌐 www.moderatenutrition.com.au



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What can I expect from my consultation with Silva Nazaretian

The first consultation will take approximately 1 hour. During this time, Silva will take a diet history which is a summary of your diet. You will be asked about the foods that you eat on a typical day including quantities and the timing of meals. Silva will then discuss with you the nutritional and lifestyle goals that you would like to achieve as well as any concerns or questions that you may have about your diet or medical condition for which you are referred.

Based on your goals and diet history, Silva will make practical dietary recommendations and modifications for your diet. Weight and other measurements may be taken in the first consultation which will help to monitor your progress towards a healthier you!

The review consultation will take approximately 30 minutes. During this time, Silva will monitor your dietary progress and make additional recommendations as required. The review consultation is also an opportunity for you to ask questions, gain further advice and modify your goals. Weight and other measurements may be taken during these sessions.

Do I need to bring anything with me?

Please bring any medical results which you think may help Silva to provide you excellent advice and assistance. Examples include blood test results, hydrogen breath test results, blood pressure results and daily blood glucose levels.

What is the cost of a consultation?

The cost of an initial consultation is \$90 which you may claim through your Private Health Insurance. If you have a HCC or are under 18, the fee is \$85.

The cost of a review consultation is \$50 which you may claim through your Private Health Insurance. If you have a HCC or are under 18, the fee is \$45.

If your GP has devised an Enhanced Primary Care Plan or Team Care Arrangement, you will be bulk billed for all your visits. Please note that it is up to your GP whether they think you are eligible for this type of referral.

I have more questions, who can I contact?

You can contact Silva Nazaretian on mobile 0413 303 076 or email moderatenutrition@live.com.au.

How do I make an appointment?

Please call the friendly reception staff at My Physio Plus GESAC on 9570 7181 to book an appointment.

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