

## What will happen when my programme finishes?

You will be offered individual follow-up and further support as required.

## Can I submit the fees to my private health insurance company?

Dietitian and physiotherapy sessions can be submitted via your Health Insurance Provider, 'Day To Day Medical Expenses', for partial reimbursement. Outstanding fees can be submitted on your Med 1 Tax Form see [www.revenue.ie](http://www.revenue.ie)

## BOOKING & CANCELLATION POLICY

In the interest of fairness to all patients & clients, and to ensure the smooth running of the practice, a strict booking policy has been introduced.

- A 50% refundable fee is repayable if you drop out of the programme after the first or second session only.
- If you do not attend a session (i.e. fail to cancel in advance) you will be docked a session.
- The package is valid for one year from purchase date. After this it is subject to fee revisions/service alterations.  
For those paying on an as you go basis, €20 will be charged for non-attendance.

We hope that many of your questions have been answered within this leaflet, but should you have any further queries then do not hesitate to contact us.

To make a booking please ring

**Dietitian 021 4941930**

**Physiotherapy 021 4801630**



**Bon Secours Hospital  
College Road, Cork.**

**Dietetics Department: Tel. 021 4941930**

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**DIETETIC  
DEPARTMENT**

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# Healthy eating for a healthy lifestyle

## WEIGHT LOSS CLINIC



## Getting the balance right!

Dietary intake and physical activity are two major lifestyle factors that can be modified to facilitate weight loss.

Our Healthy Lifestyle Programme involves individual assessment of current dietary intake and lifestyle risk factors. Underlying medical conditions such as Diabetes, IBS, raised cholesterol, Coeliac disease and so forth can be incorporated in your personal diet plan. In addition to dietary changes, lifestyle goals are tailored to you individually.

It is recommended to use this package fortnightly for 12 weeks.

### What will happen at my first appointment?

Your first appointment takes up to 1 hour with a dietitian. We will review your medical condition and symptoms, vitamin and mineral supplements and:

- Weight, Height, Body Mass Index and waist circumference measurements.
- Assessment of total amount of Body Fat, metabolic age and basal calorific requirements.
- Review your current eating behaviour and 'motivation to change'.
- Discuss your current diet and lifestyle habits such as exercise, smoking and alcohol.
- Set personal goals for change.

### Sessions 2-6

30 minute dietitian consults;

- We will discuss dietary choices and health behaviours following on from your last appointment.
- Individual goals will be reviewed at each session to help you to lose weight slowly and safely.

On completion of the programme a letter can be sent to your GP giving a summary of the consultations, targets and outcomes.

### What will I achieve?

On completing the programme it is hoped that you will:

- Be able to identify and challenge existing behaviour and attitudes towards food and activity.
- Have improved your knowledge about healthy food choices.
- Increase your awareness of lifestyle risk factors, such as exercise levels, smoking or excess alcohol intake.
- Develop more self-confidence about healthy food choices and exercise levels.
- Achieve some weight loss and set your goals for the future.

### What does it cost?

Package price **€300**, saving €40  
or you can pay as you go;  
€90 for initial consult  
€50 for reviews

## Diet and exercise prescription programme

This 12 week diet and exercise programme incorporates fortnightly exercise sessions with a Chartered Physiotherapist and the Dietitian.

**Diet programme:** outlined on previous pages

### What do the exercise sessions involve?

You will attend fortnightly, each exercise session consists of one hour of individually tailored exercises supervised by a Chartered Physiotherapist.

### What will happen at my first exercise session?

You will have a chat with your Chartered Physiotherapist, outlining the programme and setting achievable goals. In addition, you will be assessed in order for us to understand your current capabilities. This will involve a simple walk test.

This test will then be repeated at the end of the course to show your improvements.

### What will I achieve by exercising?

Following the programme it is hoped that you will:

- Have improved your fitness level
- Be in a position to lead a more active lifestyle
- Develop more self confidence

### What does it cost?

Package price **€650**, saving of €90 on pay as you go option.