

Nourishing Abundance, LLC

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Cheryle McKee, MS, CNS, LDN

Nutrition & Wellness Coaching

CNS #16947 LIC #DX3784

	Initial Consultation	Follow-up Visits
Timing and Fees	Best in person so that I may perform a physical examination Typically lasts 60-90 minutes	In Person or by Phone, Skype or FaceTime; Typically lasts 45-60 minutes
	Fees: Individual: \$125/hr. Couple –or- home visit (within 10 mile radius of my office): \$175/hr. Payment may be made by cash, check or charge card, and is due at the time of consultation. I do not accept insurance but will provide an invoice for you to submit to your insurance carrier and/or healthcare spending account. Please work with your carrier(s) to understand what they do and do not reimburse. If they require a referral from your MD, please secure this before scheduling your Initial Consult.	
In order to provide recommendations that address your unique needs, it's important for me to have a thorough understanding of how your body is functioning and the challenges you face. Please bring the following information to your consultation to ensure we use our time together as effectively as possible.		
What You Must Provide	<ul style="list-style-type: none">Completed Health History & Consent FormAll Recent Blood Work & Labs1 Week Food Diary (track what you eat for 1 week)Any Medications and/or Supplements You Presently Take, or Have Taken within the Past 3 Months	<ul style="list-style-type: none">Status Report (Update of Symptoms & Changes Since Last Visit)1 Week Food DiaryUpdated Blood Work & Labs, if applicable
What I Will Provide	<p>Our Initial Consult is primarily for gathering information. Although I may offer some general recommendations about healthy eating and living, I may need time after the consult to process what I've learned and make an assessment of your nutritional needs, particularly if chronic illness is involved. From this visit, you can expect:</p> <ul style="list-style-type: none">General Recommendations About Healthy Eating & LivingMy initial assessment of your needs, including when you can expect more personalized recommendations if I'm unable to offer them at this visit.A mutually agreed upon strategy for addressing your needs. <p><i>Additionally, I may:</i></p> <ul style="list-style-type: none">Provide you with information to readAsk you to track certain behaviors to help clarify symptomsAsk you to request additional labs from your doctor (I will consult with your Dr. to share my assessment, if you'd like. Consultation time is billed at \$25 for each 15-minute session).	<p>Follow-up Visits enable us to track how well your body is responding to the strategy we've agreed upon for addressing your needs. We'll discuss changes to your symptoms, tips for addressing any challenges you are encountering, and any new inputs since our last visit. Based on our discussion, we will adjust your strategy as needed.</p> <p>Because life proceeds, even amidst the best-laid strategies, it is likely you'll experience unanticipated events, feelings, etc. while you're trying to implement dietary and lifestyle changes. This is to be expected and should not be allowed to "de-rail" your plans. To ensure your success, I recommend you have at least 2 follow-up visits, until you are comfortably & consistently implementing the changes we agree upon.</p>
Other Services	Personalized Meal Plans, Grocery Store Tours, Pantry Make-Overs and Cooking Classes are offered for an additional fee. If you are interested in these services, please call me for more information.	