

2026



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Health-WorX medical centre, Montana

Nurture Health Rehabilitation, Montana

WESMED medical centre, PTA North

Mediclinic Muelmed Hospital, Arcadia

OUR CONSULTATION INFO:

2

MEAL PLAN DISCUSSION

- Scheme code 84202 (R400), 20-30 min

Your Meal plan discussion appointment follows after the first consultation.

3

FOLLOW-UP WITH NUTRITIONAL ADVICE

- Scheme code 84203 (R550), 30 min

Recommended weigh-in: Every 2 weeks

Essential for motivation, progress, accountability and permanent change management

Identifying any barriers to help with compliance on the eating plan

Making dietary changes where necessary

A Topic discussion on several dietary aspects (fats, sweeteners, eating out, label reading etc.)

6

BESTMED TEMPO NUTRITIONAL WELLNESS ASSESSMENT

2 x Dietitian consultations in your wellness benefit

TAKE NOTE BESTMED TEMPO Wellness Clients please do your nurses assessment first (HA). After the HA assessment, the dietitian sessions are "unlocked", we as dietitians only get access after the nurse session. If you accidentally did the dietitian session first, please do your nurse assessment within 30 days. If the nurse session is not done within 30 days, we cannot load your dietitian session on your medical profile. After 30 days you will be held for the account. A bill of R 632.00 is then outstanding which must be paid within 3 days after the bill has been sent. Then your account is already more than 30 days outstanding due to the wrong process sequence.

****Please take NOTE: We can also claim from your medical aid, we consult on medical aid tariffs. If we claim there is a R200 cash co-payment only at initial consult.**

IMPORTANT: CANCELLATIONS must be made 24 HOURS BEFORE APPOINTMENTS. If you fail to cancel in time, you will be liable for a 50% of the consultation fee.

1

FIRST CONSULTATION

- Scheme code 84205 (R720), 60min excl. Meal plan

- Scheme code 84211 (R1200), 60min incl. Meal plan

Full Body Analysis – Weight, Height, Waist circumference, Waist – Hip Ratio, Total Body water, Mineral Bone density, Basal metabolic Rate, Total Body Fat%, Total Skeletal Muscle Mass and Visceral Fat. (For Babies/ Children - Growth assessment is done)

Medical History and Medication use (Please bring list of any prescribed medication & Recent Blood tests)

Diet History, food Patterns and Eating behaviour, food Preferences, food dislikes, Food allergies and Intolerances

Supplementation (Vitamin & Minerals) Review

Lifestyle Assessment (Sleep, Stress, Exercise, Emotional Well-Being)

✓ Dietary advice/guidelines shared
✓ Optional Personalized Meal plan

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WEIGH-IN ONLY

- Scheme code 84202 , 15 min

1 x InBody / BNETA session R440-00 per report (Cash Only clients)

2 x InBody / BNETA sessions R420-00 per report (Cash Only clients)

3 or more InBody / BNETA sessions R400-00 per report, (Cash Only clients)

5

NUTRITIONAL VITALITY ASSESSMENT

- Scheme code 84203 (R550) , 20-30 min

Earn 1000 points, we load it for you!

