

Menu of Services



ROSS
NUTRITION TEAM

Effective January 1, 2025

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Getting *STARTED*



We are honored that you are considering us to become part of your healthcare team!

Nutrition care is considered an important part of preventative health and a critical piece to managing chronic diseases.

To begin working with our team:

- 1) Keep reading! Learn about the initial consultation, follow-up consultations, speciality packages, and additional services we offer.
- 2) Determine if we take your insurance and verify if your plan covers nutrition benefits. See our website for more information.
- 3) Book your appointment to establish care. Unsure who to book with? View our bios, specialities, and insurance list to help you decide.
- 4) After booking your initial consultation you will obtain access to our Patient Portal (Practice Better). There you will be able to complete intake paperwork and consent forms. If you are engaging in tele-health services, this is the HIPAA compliant portal where your visits will be conducted.

There simply isn't a "one-size-fits-all" nutrition plan.

INITIAL CONSULTATION

Establish Care With Us.*

Your first appointment with us will be 60-90 minutes^.

The majority of time is spent getting to know you and your health goals so we can develop an effective nutritional resolution. We will discuss things like your medical history, diet, and lifestyle to uncover how this is contributing to your overall health. We will review and refine (as needed) your short-term and long-term health and nutrition goals and may spend some time on nutrition education.

During this time, your nutritionist will also provide you with preliminary recommendations and resources for the first phase of your nutrition plan to help you begin your health journey.

It is amazing how quickly the time passes during this consultation! We will be well prepared by thoroughly reviewing your intake paperwork and shared labs & medical records in advance so we can make the most of our time together.

It is highly recommended that you plan on regular follow-up consultations since it is impossible to cover it all in just one visit!

Optional: Add Nutritional Genomics testing for enhanced personalization to your dietary and lifestyle recommendations. This service can be added at any time once you are a client.

*Exception: This initial consultation will not be the starting point if you are embarking on the "Mood Before Food" Specialty Program. See the program description for more details.

^We will book your appointment for 90 minutes but the time spent may be determined by your health insurance coverage. We will let you know in advance!

Your PLAN

Your nutrition plan should be as unique as you are. Our team utilizes multiple, proven dietary approaches to help you improve your health. One common denominator is that it will focus on whole foods!



Nutrition recommendations will be provided to you based on your health history, current medical conditions, symptoms, readiness, and overall health goals established in the initial consultation.

Your plan can include:

- An evidence-led food plan and support materials such as food lists, recipes, sample menus, and/or other resources.
- Clear, actionable steps to meet your health and nutrition goals with a primary focus on what can be achieved in the first 1-3 weeks. We use a phased approach allowing for small enhancements or changes over time.
- Access to online journaling of food and lifestyle activities.
- As needed,
 - Supplement recommendations to restore nutritional deficiencies or insufficiencies or to address nutrients that may be needed to promote restoration or balance.*
 - Recommendations for sleep, stress management, and/or exercise, depending on your goals.*
 - Referrals to other healthcare providers to help you reach your goals.
 - Suggestions for additional lab testing to further identify nutritional needs if appropriate. (Please note that labs are only utilized to help guide nutritional care. Diagnostic testing must be ordered by a medical doctor.)

*Supplements are not included in the cost of the consultation or packages, nor covered by insurance. Lab testing is not included in the cost of services. If you are using insurance benefits, lifestyle counseling and recommendations may require a separate appointment and out-of-pocket expense.

FOLLOW-UP CONSULTATIONS

Regularly engaging in follow-up consultations allows our team to celebrate the successes you experience while also supporting you through challenges you may have encountered. This time allows us to make modifications to your plan as needed. Follow-up consultations are also a great time to monitor your progress toward your health goals!

15-MINUTE FOLLOW-UP

This is ideal for those who just need a short check-in or accountability visit.

30-45 MINUTE FOLLOW-UP

This is ideal for regular ongoing follow-ups. Your nutritionist will have plenty of time to monitor your progress, address your questions, support you with your health goals, and provide additional recommendations, as needed.

60-MINUTE FOLLOW-UP

This is ideal when there are more things to talk about at your follow-up session, such as a new medical diagnosis, changes in medications, recent hospitalization or illness, or you simply want more time with your nutritionist.



Additional Services

SPECIALTY PACKAGES

Pre- and Post-Surgery Nutrition Care

Mood Before Food Program

See the Specialty Packages download for more information.

NUTRITIONAL GENOMIC TESTING

Offered by the companies

Nutrigenomix and 3x4 Genetics

Sample Reports can be downloaded on our website

NUTRITION-FOCUSED LABORATORY TESTING*

SELECT HORMONE LAB PANELS*

BIOFEEDBACK THERAPY USING THE REVOLUTIONARY IMAET DEVICE

*Testing options vary based on your state of residence and
may not be covered by insurance.



SELF-PAY PRICES

Individual Consultations	With Team Nutritionists	With Dr. Ross
Initial Consultation	\$190	\$290
15-minute Follow-Up	\$25	\$35
30-minute Follow-Up	\$50	\$70
45-minute Follow-Up	\$75	\$105
60-minute Follow-Up	\$100	\$140
Follow-Up Packages These are ideal for those who wish to maintain regular follow-ups at a discounted price. The package must be used within 12 months from the time of purchase and is only applicable to those who are not using insurance benefits.		
Six (6) 30-Minute Follow-Up Package	\$275	\$395
Twelve (12) 30-Minute Follow-Up Package	\$550	\$780
Add-On Services		
Nutrigenomix Test	\$350	\$350
3X4 Genetic Test	\$299	\$299
Lab Testing	\$Varies	\$Varies
IMAET Biofeedback	N/A	\$100/session

For clients who are not utilizing insurance benefits.
Effective January 1, 2025.
Prices subject to change.





NEXT STEPS

Visit www.rossnt.com to



Review FAQs

Our FAQs are designed to provide you with more information about what to expect from working with our team so there are no surprises!



Check Insurance

Use our Insurance Verification Form to determine nutrition care insurance benefits. If we do not participate with your insurance, you may still want to check if there are out-of-network benefits that allow for direct reimbursement.



Book your Appointment

Select the Initial Consultation with the Nutritionist of your choice or choose the Speciality Program you desire to get started on your health journey!

At present, Dr. Kim Ross is the only provider credentialed with select insurance carriers as listed on our website. We are working hard to become credentialed with other carriers and expanding coverage to include our other team members!