



OUR SERVICES

BASIC SERVICE PROGRAMS		
Introductory Visit	Clarity Start	Kidney Health Foundations
\$325	\$1695	\$2250
<ul style="list-style-type: none"> • (1) 90-minute session with your expert renal dietitian designed to meet us and get a basic plan • Available for anybody • Can be rolled into another package with the cost and visit applied to any other programs. (For example: If you did this visit you would get \$325 off of a Clarity Start package and have 3 visits left) <p><i>This is a great introductory way for making a plan, getting some actionable steps, and getting to know us.</i></p>	<ul style="list-style-type: none"> • (1)x 90 minute session, (3)x60 minute follow-up post labs <p>Expires 8 weeks after the first visit</p>	<ul style="list-style-type: none"> • (1)x 90-minute session with your expert renal dietitian designed to meet us and get a basic plan • (7)x 60 minute sessions <p>Expires 8 weeks after the first visit</p>
<p>What you'll get:</p> <ol style="list-style-type: none"> 1. Nutrition Strategy Plan worked out with dietitian 2. Recommendations for safe and effective supplements 3. Additional questions to ask your doctor 4. 2 weeks meal planning support in our EatLove database 	<p>What you'll get:</p> <ol style="list-style-type: none"> 5. Nutrition Strategy Plan worked out with dietitian 6. Recommendations for safe and effective supplements 7. Additional questions to ask your doctor 8. 5 weeks meal planning support in our EatLove database 	<p>What you'll get:</p> <ol style="list-style-type: none"> 1. Nutrition Strategy Plan Printed out 2. Recommendations for safe and effective supplements 3. Additional questions to ask your doctor 4. 10 weeks in EatLove or 3 standardized meal plan option 5. Supplement Package <p><small>** Price is reduced by \$150 for clients overseas as we do not have the ability to ship supplements or monitors outside of the US at this time**</small></p>

PREMIER SERVICE PROGRAMS

Kidney Health for PKD	Kidney Health for CKD	Holistic Kidney Nutrition
<i>\$3850</i>	<i>\$3495</i>	<i>\$4500</i>
<p>90 days of therapy, 1 visit per week unless otherwise arranged with RD</p> <p>Get a clear plan with a guide for all your questions on how to preserve kidney function with a close look at food, labs, and supplements so you have absolute confidence you're on the right track</p> <p>Personalized meal planning throughout the process with the goal of self-management of diet long-term.</p> <p>Expires 90 days after the first visit</p>	<p>Safe implementation of a very low protein diet with ketoanalogues to maintain or improve kidney function. Learn how to balance a very low protein diet without becoming malnourished</p> <ul style="list-style-type: none"> ● (1)x90 Minute Initial Session ● (11)x60 Minute Follow-up Sessions <p>Expires 90 days after first visit</p>	<p>Personal guide for every step of the way in making a change, understanding how, and why. Deep dive into labs, supplements, and personalized nutrition analysis. This package is ideal for clients with autoimmune kidney disease. Additional testing is recommended.</p> <ul style="list-style-type: none"> ● (1)x90 minute ● (15)x60 minute follow up appointments <p>Expires 4 months after first visit.</p>
<p>What you get:</p> <ol style="list-style-type: none"> 1. Nutrition Strategy Plan Printed out 2. Recommendations for safe and effective supplements 3. Review important questions to ask your doctor 4. 90 days in EatLove or meal plans per RD 5. Supplement Package 6. Gift Kit: Ketone Monitor + Basic Food Items <p><small>** Price is reduced by \$150 for clients overseas as we do not have the ability to ship supplements or monitors outside of the US at this time**</small></p>	<p>What you get:</p> <ol style="list-style-type: none"> 1. 90 Days in EatLove or meal plans from your dietitian 2. Jumpstart supplement pack (ketoanalogues, MVI, probiotics) 3. Jumpstart grocery box with essential grocery items 4. Access to our Precision Kidney Nutrition Program 5. Personalized meal plans 6. Recommendations for Safe & Effective Supplements 7. Reports for your physician and additional questions you can ask them <p><small>** Price is reduced by \$150 for clients overseas as we do not have the ability to ship supplements or monitors outside of the US at this time**</small></p>	<p>What you get:</p> <ol style="list-style-type: none"> 1. Nutrition Strategy Plan Printed out 2. Recommendations for safe and effective supplements 3. Review important questions to ask your doctor 4. 20 weeks in EatLove 5. Personalized meal plans 6. Supplement Package <p><small>** Price is reduced by \$150 for clients overseas as we do not have the ability to ship supplements or monitors outside of the US at this time**</small></p>

VIP KIDNEYRD APPROACH

\$10,500

Complete comprehensive done-for-you program. Please contact us if you are interested in learning more about this program.

FUNCTIONAL TESTING SERVICES

At the KidneyRD, we take a whole-person approach towards addressing kidney health. We offer advanced testing options to better understand how all systems in the body are working together and contributing to kidney function.

These options include:

- 3x4 Genetic Testing
- Micronutrient Test
- Organic Acid Test (OAT)
- Mycotox Profile Test
- GI Map Test
- Food Sensitivity - Mediator Response Test (MRT)

Please see the next page for a thorough description for each of these tests.

3x4 GENETICS NUTRIGENOMIC TESTING

\$325*

Description:

Genetic testing helps you get a good look inside you- how your genes work in cellular pathways and functional systems and control processes like inflammation or metabolism. By better understanding your body's unique way of doing things, you can see how to prevent or delay disease- or reverse it.

Who this is for: Genetic testing is another way of getting a good look at root issues that are currently or may someday have a negative impact on your health. This test is for anyone interested in upleveling their health- whether they have complex health conditions or not.

What it helps us know: Nutrients can alter the expression of genes. If we know that certain nutrients increase the expression of genes that increase our risk of developing disease or if we know that processes in the body will work better with a specific form of a nutrient, we are able to provide highly individualized and effective recommendations to support health goals.

How it works: Your health care provider will order you a test kit with step by step instructions. 3x4 genetics testing is a saliva test, so you'll swap your cheek, register your sample, and ship it off to be processed. Once your results are ready, you'll have an expert review the results with you.

Thoughts on CKD: Many people have a good idea of what caused or contributed to their kidney disease, but there are many others who do not. Not knowing the cause of kidney disease can make it more challenging to know what can be done to support kidney health on an individual level. Genetics can help shine the light on this.

Sample Report: <https://www.3x4genetics.com/wp-content/uploads/3X4-Sample-Report-Female-Jean-Poole.pdf>

Sources: 3x4 Genetics: <https://www.3x4genetics.com/>

Uthpala T, Fernando H, Thibbotuwawa A, Jayasinghe M. Importance of nutrigenomics and nutrigenetics in food Science. *MOJ Food Process Technols*. 2020;8(3):114–119 <https://medcraveonline.com/MOJFPT/MOJFPT-08-00250.pdf>

**If this test is purchased with a single 90-minute session, you will be charged an additional \$300 interpretation fee.

MICRONUTRIENT TEST

\$325

Description:

A comprehensive test for vitamin and mineral levels in the blood AND in cells (white blood cells and red blood cells).

Who it's for:

Everyone can benefit from testing their micronutrient status, especially those with chronic conditions (obesity, DM, CVD, arthritis), GI issues (celiac, wheat sensitivity, IBS, IBD, SIBO), those who are vegan and vegetarian, as well as those with suboptimal diet.

What it helps us know:

Micronutrient levels in the blood provide a short-term nutritional status over the last few days by indicating nutritional intake adequacy and any nutrition deficiencies or excesses. Micronutrient levels in cells provide a long-term nutritional status over the last 4-6 months by showing how well the body absorbs nutrients, even though consumption of nutrients may be sufficient.

How it works:

1. Medical professional orders tests online - you may be advised to discontinue supplements for a week before the test.
2. Get your blood drawn in a Blood Draw Center near you or using a mobile home draw service. If the nearest blood draw center does not provide test kits, then you must wait for the test kits to be delivered to your home first.
3. Blood drawn (no fasting needed), packed with ice packs, then shipped to the lab.
4. Blood is separated into serum, red blood cells, and white blood cells, then processed using mass-spectrometry to identify micronutrient levels.
5. Reports generated within ~14 days and sent online or via mail.

Thought on CKD:

Studies on MHD population have shown risk of deficiencies in thiamine, riboflavin, vitamin B6, vitamin C, vitamin K, and/or vitamin D. However, there is currently insufficient evidence to support routine supplementation; instead, supplementation should be individualized and based on clinical judgment¹. Reasons for deficiencies:

1) CKD increases risk of suboptimal nutrient intake:

- Accumulation of nitrogenous wastes may distort taste and smell and reduce appetite²
- Dietary restrictions that limit vitamin-rich foods, especially water soluble vitamins¹
- Vegan or vegetarian diets are often used in low or very low protein diets and may be deficient in select vitamins and minerals (vitamin B, zinc, iron, sometimes calcium/vitamin D)

2) CKD is associated with suboptimal nutrient absorption:

- Patients with CKD may have impaired nutrient absorption in the GI tract due to uremia affecting the microbiome and disrupting the intestinal epithelia (for instance: disturbances in iron metabolism via the deregulation of the hepcidin-ferroportin axis → impairs iron absorption availability for use) (doi:10.3390/antiox9080752)³
- Medications: drugs as methotrexate may compromise nutrient absorption while other medications as phosphate binders, immunosuppressants, and ion exchange resins have unknown effects on micronutrient homeostasis. (doi:10.3390/nu9030282)⁴

3) CKD may be associated with some nutrient loss via insufficient renal reabsorption, diuresis, or dialysis procedures⁴.

SAMPLE REPORT:

<https://www.inoutlabs.com/wp-content/uploads/2019/07/Micronutrient-Sample-Report.pdf>

To note:

This test has been laboratory developed and its performance characteristics determined by Vibrant America LLC, a CLIA and CAP certified laboratory performing the test. The test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Although FDA does not currently clear or approve laboratory-developed tests in the U.S., certification of the laboratory is required under CLIA to ensure the quality and validity of the tests.

Sources:

1. KDOQI 2020
2. Kalantar-Zadeh K, Fouque D. Nutritional Management of Chronic Kidney Disease. *N Engl J Med*. 2017;377(18):1765-1776. doi:10.1056/NEJMra1700312
3. Podkowińska A, Formanowicz D. Chronic Kidney Disease as Oxidative Stress- and Inflammatory-Mediated Cardiovascular Disease. *Antioxidants (Basel)*. 2020;9(8):752. Published 2020 Aug 14. doi:10.3390/antiox9080752
4. Jankowska M, Rutkowski B, Debska-Slizien A. Vitamins and microelement bioavailability in different stages of chronic kidney disease. *Nutrients*. 2017;9(3):282. doi:10.3390/nu9030282

ORGANIC ACID TEST

\$275

Description:

A urine test that detects levels of 76 different metabolic byproducts called organic acids in the urine. It can be used to evaluate the balance of intestinal yeast and bacteria, vitamin and mineral levels, oxidative stress, neurotransmitter levels, and other markers of metabolism.

Who this is for: This test is recommended as a screening test for those with general symptoms of dysbiosis or abnormalities in the gut microbiome, those with chronic illness, as well as those suspected of inadequate diet. This test can also identify markers which have been associated with chronic GI problems, autism, neurological conditions, mitochondrial and genetic disorders.

What it helps us know: This test helps us discover the underlying cause of your health conditions, whether it is due to gut microbiome imbalance, nutrient or antioxidant deficiency, etc. It ultimately helps us create a treatment plan that addresses the root cause to help resolve any corresponding symptoms. Treatment is personalized but may include medications (antibacterial or antifungal), supplements, probiotics, and/or dietary modifications.

How it works:

- 1) Your healthcare practitioner will order your test kit - you may be asked to avoid apples, grapes (including raisins), pears, cranberries, and their juices 48 hours prior to testing. You may also be advised to avoid arabinogalactan, echinacea, reishi mushrooms, and ribose supplements 48 hours before testing.
- 2) Collect first morning urine in collection cup provided prior to eating or drinking. Screw lid on tightly. Freeze urine specimen for at least 4 hours until ready to ship. Ship with frozen gel pack.
- 3) Sample analyzed in the lab with a combination of gas or liquid chromatography linked with mass spectrometry.
- 4) Results will be sent via email in about 1-2 weeks

Thoughts on CKD

- CKD is associated with inflammation and oxidative stress due to increased cytokine production and decreased clearance from kidney failure and other potential inflammatory comorbidities.
- Mitochondrial dysfunction has also been shown to be involved with the development and progression of CKD, which may be a result of oxidative stress from proteinuria and kidney fibrosis.¹
- CKD is also often associated with gut dysbiosis due to reduced motility, altered digestion and absorption of select nutrients, altered gut pH, and accumulation of uremic toxins, worsening uremia and disease progression.

Sample Report:

<https://static1.squarespace.com/static/560ac814e4b067a33438ecea/t/5e42de1ab65be03234e569cf/1581440545641/Sample-OAT-EN.pdf>

Sources:

1. Bai M, Chen H, Ding D, Song R, Lin J, Zhang Y, Guo Y, Chen S, Ding G, Zhang Y, Jia Z, Huang S, He JC, Yang L, Zhang A. MicroRNA-214 promotes chronic kidney disease by disrupting mitochondrial oxidative phosphorylation. *Kidney Int.* 2019 Jun;95(6):1389-1404. doi: 10.1016/j.kint.2018.12.028. Epub 2019 Mar 5. PMID: 30955870.

MYCOTOX PROFILE TEST

\$275

Description:

The MycoTOX profile is a urine test to screen for the presence of 11 mycotoxins from 40 different mold species. Mycotoxin is a toxin produced by mold that grows in the environment or on food and it can cause illnesses and symptoms including fever, asthma, pneumonia-like symptoms, skin rashes, anxiety, ADHD and many more.

Who this is for:

Those who have a suspected mold exposure, ingested mycotoxin from contaminated foods, those with chronic illnesses or exhibit symptoms including fever, pneumonia-like symptoms, heart disease, rheumatic disease, asthma, sinusitis, cancer, memory loss, vision loss, chronic fatigue, skin rashes, depression, ADHD, anxiety, and liver damage.

What it helps us know:

Helps us to address health problems comprehensively and hone in on treating the root cause of the problem along with their contributing factors. This helps us develop a personalized treatment plan for you. It can also help as follow-up to ensure that antifungal therapies have been successful.

How it works:

1. Your healthcare practitioner will order your test kit - you may be asked to limit liquid intake starting at 6pm the night prior to collection to avoid sample dilution, fast for 12 hours prior to test, avoid glutathione and binders (charcoal/bentonite clay) for 72 hours prior to test
2. Collect first morning urine in a collection cup provided prior to eating or drinking. Screw lid on tightly. Freeze urine specimen for at least 4 hours until ready to ship. Ship with frozen gel pack.
3. Sample analyzed with mass spectrometry and liquid chromatography to test for very low levels of fungal toxins assisted by artificial intelligence software.
4. Results will be sent via email in about 1-2 weeks

Thoughts on CKD:

- Mycotoxin exposure in animals have been shown to disrupt gut health by modulating gut microbiota, compromising barrier integrity and function, reduces gut absorption, and impair local immune responses¹
- Some mycotoxins can be nephrotoxic like ochratoxin A, while others have been linked to cancers, including kidney cancers²

Sample Report:

<https://static1.squarespace.com/static/560ac814e4b067a33438ecea/t/5e42ddab63edb02e1693acf2/1581440428519/New%2BMycotox%2BSample.pdf>

Sources:

- 1) Liew WP, Mohd-Redzwan S. Mycotoxin: Its Impact on Gut Health and Microbiota. Front Cell Infect Microbiol. 2018;8:60. Published 2018 Feb 26. doi:10.3389/fcimb.2018.00060
- 2) Bui-Klimke TR, Wu F. Ochratoxin A and human health risk: a review of the evidence. Crit Rev Food Sci Nutr. 2015;55(13):1860-1869. doi:10.1080/10408398.2012.724480

To note: The Great Plains Laboratory, Inc. is fully certified under the federal law of the United States of America called Clinical Laboratory Improvement Amendments (CLIA).

Per CDC (2014): Mycotoxin levels that predict disease have not been established. Urine mycotoxin tests are not approved by FDA for accuracy or for clinical use. CDC does not recommend biologic testing of persons who work or live in water-damaged buildings nor routine environmental sampling for mold

(<https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6406a7.htm#:~:text=Urine%20mycotoxin%20tests%20are%20not%20inspection%20is%20the%20first%20step.>)

Studies on Mycotoxins, Testing, & Health Outcomes

Pro	Cons
<p>Gut health & microbiota in animals → doi: 10.3389/fcimb.2018.00060</p> <p>Systematic review/meta analysis on aflatoxins & liver cirrhosis → DOI: 10.1186/s40360-020-00420-7</p> <p>Systematic review on mycotoxins & ASD → DOI: 10.2174/1874467213999200819145942</p> <p>Systematic review on aflatoxins and liver cancer → DOI: 10.1111/1541-4337.12567</p>	<p>DOI: 10.1007/s12016-017-8601-z → review that disproves mycotoxin association w/ symptoms claimed by GPL website?</p> <p>No health risk w/ OTA exposure (except in a small Egyptian study of nephritic syndrome) → doi: 10.1080/10408398.2012.724480</p>

GI MAP TESTING

\$300

Description:

GI map is a stool test that tests for the specific amount of DNA of different organisms that might be present in the colon, such as parasites, bacteria, and fungi potentially contributing to illness, digestive or absorption issues, inflammation or immune dysfunction. In testing for the amount of the organism present, your healthcare provider can see organism patterns and thus better determine the clinical significance of the presence of the various organisms.

Who this is for:

Gut health has been tied to the root cause of chronic disease and impacts digestion, immunity, metabolic, brain and hormone function. Because of this GI map is an essential tool in an individualized and targeted approach to help almost anyone looking to improve their health. However, these conditions generally benefit from GI map testing:

- Autoimmune disease
- IBS/ IBD
- Digestive complaints
- Skin issues
- Mood disorders such as depression and anxiety
- Endocrine disorders such as diabetes and weight loss issues

What it helps us know:

The GI map has 4 basic sections and can alert us to the presence of:

- Pathogens
 - Pathogens can be bacterial, parasitic or viral. Familiar pathogens such as C. diff, giardia, salmonella, E. Coli and several others are included on the test.
- Normal or commensal bacteria
 - This section measures the presence of bacteria normally found in the intestine. It is possible to have too much of a good thing, and this section can point to specific diet changes or potential digestive issues that need to be resolved for optimal health.
- Opportunistic bacteria, fungi, potential autoimmune triggers, and viruses
 - These types of organisms generally only cause disease or illness in some people. They tend to flourish if the commensal bacteria are not flourishing and can contribute to serious health conditions.
- Parasites
 - Parasites feed on the host organism at the expense of the host- which means that they deplete nutrients as well as weaken the immune system.
- Intestinal health markers
 - These markers identify issues with digestion, immunity, and inflammation

How it works:

You receive a kit in the mail from your healthcare provider that provides step by step instructions on how to label, collect, and ship your stool sample.

***Stool sample must be received within 6 days of collection. If you cannot ship the specimen on the day of collection, please refrigerate and ship as soon as possible, preferably within 3 days.*

Results are usually available about 2 weeks after you ship your sample.

Your provider will review the results with you which may result in the addition of dietary changes, or supplements to help get things back into balance.

Thoughts on CKD:

Several studies have found that those with CKD have significantly different gut bacteria than those without CKD. The gut is the largest source of uremic toxins, and uremic toxins increase inflammation and the progression of CKD and cardiovascular disease as well as contribute to several symptoms experienced by those with worsening function. The GI Map also helps to identify potential issues with absorption and digestion to help prevent or correct micronutrient deficiencies. The diet is the most influential factor in shaping the gut microbiome, so better understanding what is happening in the gut allows for a higher level of nutrition therapy to support kidney health.

Sample Report: <https://www.diagnosticsolutionslab.com/clinicians/sample-reports>

Sources:

1. Diagnostic Solutions Laboratory. <https://www.diagnosticsolutionslab.com/tests/gi-map>
2. Diagnostic solutions Laboratory: GI map Interpretive Guide
<https://www.diagnosticsolutionslab.com/sites/default/files/u16/GI-MAP-Interpretive-Guide.pdf>
3. Mafra D et al. role of altered intestinal microbiota in systemic inflammation and cardiovascular disease in chronic kidney disease. *Future Microbiol.* 2014;9(3):339-410.
4. Rossie M, Johnson D, Campbell K. The Kidney-Gut Axis: Implications for nutrition care. *J Ren Nutr.* 2015;25(5):399-403

FOOD SENSITIVITY - MEDIATOR RESPONSE TEST (MRT)

\$350

Description:

Food sensitivity testing is complex and historically unreliable in many cases because of the complexity of immune responses. Instead of looking at antibodies, MRT looks at the inflammatory release of various mediators from white blood cells, such as cytokines, histamin, leukotrienes, prostaglandins etc. These are what lead to all the negative side effects one feels from a food sensitivity. Food-specific IgG antibodies or immune complexes do not actually correlate with inflammation or symptoms- it is the release of the mediators that is clinically significant. MRT results provide an accurate and clear picture of which foods are contributing to inflammation and which ones are not.

Who this is for:

Anyone who is dealing with inflammation can potentially benefit from MRT, however food sensitivities can play a larger role in certain conditions, such as:

- IBS
- Migraines
- Fibromyalgia
- ADD/ ADHD
- Obesity
- Autoimmune
- GERD
- Skin conditions
- Chronic fatigue
- Inflammatory Arthritis

What it helps us know:

- Food sensitivities are inflammatory reactions that are different from food allergies. Many food sensitivity reactions are mis-identified as something else and are left unaddressed which leads to more inflammation and damage to the body. MRT ensures we get to the root of the issues and don't mask them with medications.
- MRT helps us clearly identify which foods are creating the most inflammatory reactions and which ones are the least or not inflammatory. This alleviates many symptoms and you aren't left guessing what foods are causing you problems.
- MRT provides a clear plan for reducing inflammation which benefits any chronic condition.

How it works:

MRT is a blood test. You will receive a kit from your healthcare provider with step by step instructions and a return shipping envelope. You can get your blood drawn at any blood testing lab. Keep in mind that your blood samples should be shipped the same day and not be spun, refrigerated or frozen.

Once your sample has been analyzed you will receive a booklet that will help you and your healthcare provider put together a diet that eliminates the most inflammatory foods to help improve your symptoms. You will keep the most inflammatory foods out of your diet for 3-6 months and then you may be able to add many of them back in without negative symptoms recurring.

Difference between MRT and other food sensitivity testing:

MRT	Food Sensitivity Testing (IgG)
Measures the release of inflammatory mediators as a response to eating certain foods. These mediators cause the negative symptoms associated with food sensitivities.	Measures the level of antibodies formed in response to exposure to a food. The presence of the antibodies may or may not cause a clinical response.
MRT looks at inflammatory responses from multiple pathways, such as IgG response as well as other hypersensitivity pathway responses- it is more inclusive.	IgG testing looks at only one pathway. Foods could be activating other pathways to cause an inflammatory response.
MRT provides a clear picture of foods causing inflammatory responses and those that aren't- so you can choose foods with confidence.	Has false positives which may unnecessarily restrict the diet because the presence of IgG doesn't always mean an inflammatory response

Thoughts on CKD:

Inflammatory mediators circulate in the blood. Because the kidney has high direct contact with the blood, but lacks many of the protective defense mechanisms in other vascular tissue- the kidney is more vulnerable to inflammatory damage from these inflammatory mediators. MRT can decrease the presence of inflammatory mediators decreasing the kidney's exposure to damage. MRT can also have a beneficial and healing effect on the gut. We also know that gut health and kidney health are closely linked, so in resolving gut health issues, we can also alleviate burden on the kidneys. Many approaches are being investigated to target inflammation in CKD including diet and lifestyle changes.

Sample Report:

<https://36fcxr3i5kczak4vt1tex0mk-wpengine.netdna-ssl.com/files/2019/08/MRT-170-Sample-Report-Full.pdf>

Sources:

Oxford Biomedical Technologies. Understanding diet-induced inflammation.

<https://www.nowleap.com/understanding-diet-induced-inflammation/#>

Functional Nutrition Answers: <https://www.functionalnutritionanswers.com/what-is-the-best-food-sensitivity-test/>

Mihai S et al. Inflammation-related mechanisms in chronic kidney disease prediction, progression and outcome. *Journal of Immunology Research*. 2018. <https://doi.org/10.1155/2018/2180373>

What is the Precision Kidney Nutrition Program (exclusive for our clients)

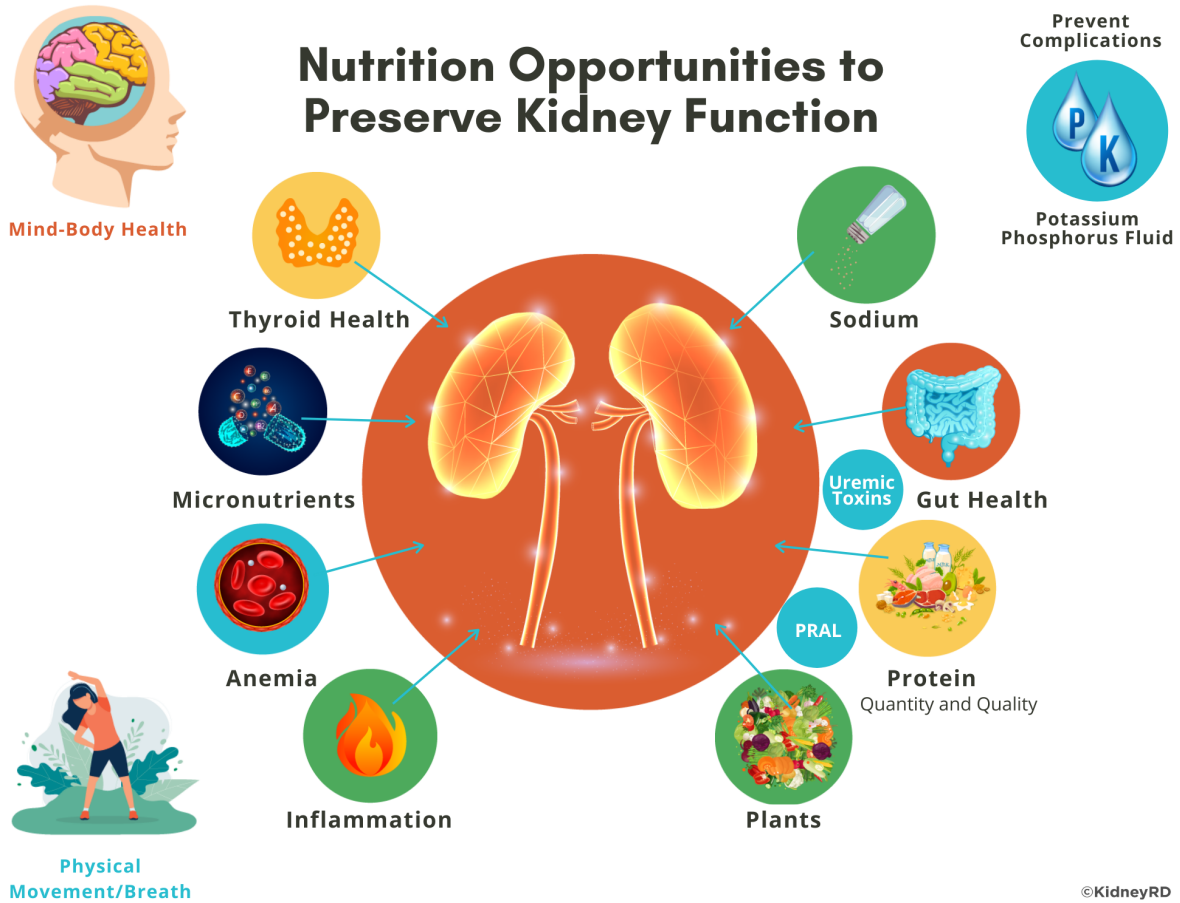
8 Different Modules

Our favorite client tools (how to plan breakfast, lunch, and dinner, snacks)

Links to our favorite recipes

FAQ by our clients so you can get all your questions answered

(See FAQ on last page)



(See FAQ on last page)

FREQUENTLY ASKED QUESTIONS

Do I need to pay in one payment?

No. It can be split into 3 payments, but we require a credit card to be kept on file for automatic payment

What if I want more time after the program is done?

We have exclusive post-package pricing for our current clients. Some people will do one more visit after the package, others will follow-up monthly.

Can I use my insurance, HSA or FSA?

We don't accept insurance at this time. However we can provide you with a superbill to submit to your insurance for reimbursement. You may use your HSA or FSA funds. We will give you a receipt of our services that you may submit for reimbursement.

How to see if insurance will cover KidneyRD services:

You will want to call your insurance and provide the following information to them: Name of Business:

Preventative Nutrition Specialists DBA KidneyRD

Business Tax ID: 472053106

Organizational NPI: 1861896441

(If you need the NPI for the specific provider you will be working with, please email us at hello@kidneyrd.com)

Procedure Codes:

- 97802 (Medical Nutrition Therapy Initial)*
- 97803 (Medical Nutrition Therapy Follow-Up)*

When you call to check benefits, please get the reference number and name of the representative you speak with.

Do you need to see my labs?

Yes, we want to know everything about your health history. Labs, medications, supplements, history, etc... We will send you a form once you're in our patient portal so that you can provide this information.

Will you talk with my nephrologist?

Part of our standard procedure for our clients is reaching out to your doc via fax or phone call and informing them of our basic nutrition plan. If they would like to receive our nutrition notes from working with you we provide our practice's contact information.