



## OUR SERVICES

PKD Programs	
Introductory Program	90-Day Signature Keto Program
<b>\$325</b>	<b>\$3850</b>
<p>Initial Visit to help you become familiar with:</p> <ul style="list-style-type: none"> <li>-Safe ketogenic approach</li> <li>-Oxalate Management</li> <li>-Kidney protective measures (ex protein)</li> </ul> <p>During this visit we give you an overview of the dietary approach, help get your macros set-up, educate you on first steps of ketosis.</p> <p><u>Outcome Goal:</u> Clear plan of what to do, how to do it, and why it will help, confidence instead of fear</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><u>Outcome Goal:</u> Improved labs over 90 days, Long-term nutrition and supplement plan in place for lifelong management</p> <p><small>**\$150 will be deducted from clients overseas as we are not able ship supplements or monitors outside of the US as this time**</small></p>
<i>(1) 90 minute session</i>	<i>Planned over 90 days</i>

# What's included in the 90-Day Signature Keto Program?

*Step-by-step guide every step of the way with a goal outcome of stabilizing renal function and preserving kidney health.*

## **What is included:**

- Counseling sessions per established schedule over 3 months (schedule determined at first visit) – will need weekly at first
- Clear treatment plan
- Extra counseling as needed to trouble-shoot barriers in progress
- Review of labs and supplements
- Meal planning session, grocery list organization, as part of therapy and goals
- Goal nutrition parameters for protein, PRAL, iron, B vitamins, others if needed
- Broad gut health and autoimmune principles to apply
- Keto Kit – jumpstart groceries, KetoMojo monitor, B-complex vitamin
- Food log analysis (expectation is that our clients log their food for the first 2 weeks for us to analyze)
- Access to private messaging for continual contact

## **Goal outcomes for this package:**

- Notable positive changes with labs (Would like to see blood work 30 days into process for anyone stage 5, 60 days into process for anyone that is earlier stage)
- Ability to meal plan
- Improved gut health
- Improved body composition
- Clear plan regarding how to control kidney health using diet and how diet is playing in
- Confidence and clarity about food choices, long-term mindset change surrounding success with diet
- A routine with choices that are palatable and livable (work in lifestyle)

This plan is planned over 90 days

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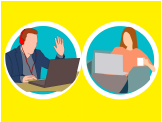
### Example of treatment plant

- Week 1 (90 min): Review history, labs, current diet in depth, supplement recs; Establish nutrition priorities, autoimmune considerations and plan to address all opportunities for supporting kidney health (it is a fairly intense appointment); establish net carb goals and plan to get into ketosis
  - Week 2: Analyze past week, ketosis reading, look at protein in diet
  - Week 3: Review oxalate and uric acid management
  - Week 4: The “P” week: PRAL, Phos, Potassium + Importance of gut health for kidney health
  - Week 5: How to create flexibility in your diet, choosing foods outside your dietary plan, on-the-go
  - Week 6: Simple functional foods to always include for reducing inflammation
  - Week 7-9: Troubleshoot any ketosis issues, determine weight stability, create meal rotations for palatability of diet, Review Labs
  - Week 10-12: Talk about cyclical keto, time-restricted feeding, and long-term supplementation plan
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## Ready to Start? Next steps:



**Step 1:** Please email us at [jess@kidneyrd.com](mailto:jess@kidneyrd.com) to let us know you're ready to get going and what package you feel will best meet your needs. If you're not sure, please schedule a call with us so we can make sure we've given you clarity about what to expect. Please also let us know if you'd like to pay all-at-once or over 3 months.



**Step 2:** We'll send you an email to activate your access to the patient portal (Practice Better) and introduce you to your expert, personal dietitian.



**Step 3:** Once you pay your invoice, your dietitian will send you a link to book your first call.

# Nutrition Opportunities to Preserve Kidney Function



Mind-Body Health



Physical Movement/Breath



Thyroid Health



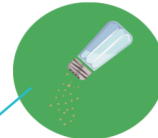
Micronutrients



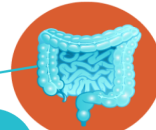
Anemia



Inflammation



Sodium



Gut Health

Uremic Toxins



Protein  
Quantity and Quality



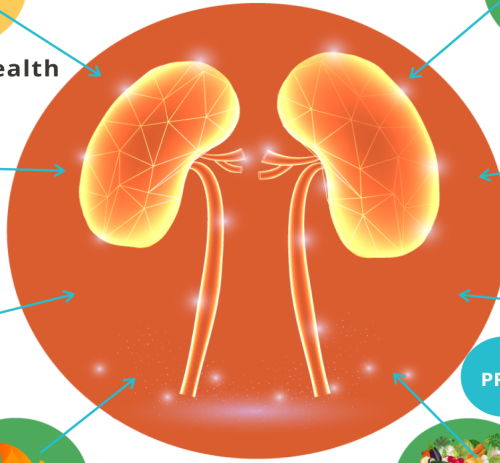
Plants

PRAL

Prevent Complications



Potassium Phosphorus Fluid



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*(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 package 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 do I know if my insurance will cover this?**

*If you'd like to see if your insurance will cover this service you can call and ask the following:*

- 1. Do I have out-of-network benefits for nutrition therapy? The CPT codes are 97802 and 97803. My diagnosis is N18.(fill in the number here for your stage of kidney disease - for example N18.3 for stage 3?). You can also ask if you have benefits for diagnosis code Z71.3, which basically is need for nutrition care. Please make sure to get the name of the representative you speak with as well as the reference number.*

**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.*