

Amy C. Bluntzer, RD, LD
Nutrition Therapy and Consulting
(512) 689-9535

Dear Client,

Hello! Thanks for contacting me regarding nutrition counseling. Please read the following information carefully.

APPOINTMENTS:

Please give yourself time to park and find the office. Don't forget to have paperwork filled out prior to appointment. The initial consultation usually takes about 1 hour and follow up visits are approximately 30 minutes long. One or more follow ups are usually scheduled to help implement the changes we discuss each visit.

HEALTH PLAN COVERAGE

Currently, I am a provider for Aetna, Humana, PHCS, Blue Cross and United insurance companies. If you are interested in pursuing insurance reimbursement, I recommend that you contact your insurance company and check coverage for your diagnosis. NOTE: I have recently changed my last name, so you may find me listed as *Amy Hawkins*.

CHARGES

Payment is expected at the time of your appointment. If your sessions are covered through your insurance company, then a co-pay is expected at each visit. At this time I do not take credit cards. Please be prepared to pay with cash or check.

LOCATION

[2525 Wallingwood Drive](#), Building One, Suite 140., Austin, 78746

From South Austin:

Go north on Mopac and take the Rollingwood exit. At the light (Bee Cave Rd/Wallingwood) take a right. This will be Wallingwood and the road immediately curves back south. About 2 blocks down, you will see a sign for Timberline Office Condominiums on your left. Turn into the driveway and keep to the right. Building 1 will be the last building in the front of the complex. There is a day care on the first floor. Follow the railed sidewalk to the front 1st floor entrance. Take the stairs or elevator to the 2nd floor. Suite 140 will be down the hall on your right.

From North Austin:

Go South on Mopac and take the Rollingwood exit. At the light, take a left under Mopac and then a right on Wallingwood immediately after the Northbound feeder Road. About 2 blocks down, you will see a sign for Timberline Office Condominiums on your left. Turn into the driveway and keep to the right. Building 1 will be the last building in the front of the complex. There is a day care on the first floor. Follow the railed sidewalk to the front 1st floor entrance. Take the stairs or elevator to the 2nd floor. Suite 140 will be down the hall on your right.

WHAT TO BRING

1. Please bring your paperwork, which should be filled out prior to the appointment.
2. Any recent lab work, such as a cholesterol panel, glucose levels, etc...
3. A detailed food record for at least 3 days (ideally from 2 weekdays and one weekend day).
4. If you have diabetes and are keeping blood sugar records, please bring.
5. If applicable, your insurance card.

For more information, call 689-9535.

I look forward to our appointment!

Sincerely,

Amy Bluntzer, RD, LD