



Laura Mangum, RD, LD Consulting Dietitian
Round Rock, TX • (512) 731.8679

Dear Client,

Hello! Thank you for contacting me regarding nutrition advice. Please read the following information carefully.

Please note: ***There is a \$50 cancellation fee if not given 24 hour notice.***
Here is some important information regarding your appointment.

APPOINTMENTS:

Please arrive about 10 minutes early to allow time. Don't forget to have paperwork filled out prior to appointment. The initial consultation is approximately 1 hour and follow up visits are approximately 30 minutes long. At the initial visit, it will be determined if follow up visits are necessary.

HEALTH PLAN COVERAGE

Currently, I am a provider for several insurance companies, including Aetna, Blue Cross Blue Shield, Cigna, Humana and United HealthCare. If you are interested in pursuing insurance reimbursement, I recommend that you contact your insurance company prior to our visit to confirm coverage for your diagnosis.

CHARGES

Payment is due and expected at the time of your appointment. Please be prepared to pay with cash, check or credit card. If your sessions are covered through your insurance company, a co-pay will be due at each visit. If you are private pay, you will receive a discounted consultation fee. I offer an additional discount if you pay up front for a 6 visit package.

LOCATIONS

Round Rock office: 7200 Wyoming Springs Drive, Suite 1500, Round Rock, TX. 78681

From I-35, go west on 620 and take a right onto Wyoming Springs. Cross through the traffic light at Park Valley and take the next right into the Complex (Wyoming Springs Medical Plaza).

From 183, take 620 east. You will pass Parmer. Take a left at the traffic light onto Wyoming Springs. Cross through the traffic light at Park Valley and take the next right into the Complex (Wyoming Springs Medical Plaza).

North Austin office: 11673 Jollyville Road, Suite 205, Austin, TX. 78759 (Arboretum Area)

Located in the **Ladera Medical Complex** at the corner of Duval and Jollyville Road.

From I-35, take 183 North to the Duval exit. Make a left on Duval. Right at the traffic light on Jollyville Road, the Ladera Medical Complex is immediately on the right.

Georgetown office: 1103 Williams Drive, Suite 405, Georgetown, TX. 78628

Located in the office of Dr. Jana Schrier.

From I-35 heading north, exit Williams Drive in Georgetown. Use the middle lane to turn left onto Williams Drive. After crossing through the first traffic light on Williams, take the first right into the office complex. Office is located on the left side, second building, next to For the Birds.

What To Bring

1. **Completed paperwork** - this will ensure your time is spent in consultation
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. **Blood sugar records** - for patients with diabetes

I look forward to our appointment!

Sincerely,

Laura Mangum RD, LD