

# CRISTINA HOYT NUTRITION

## SERVICES & PRICING GUIDE 2024

### Ready to officially improve your relationship with food and your body while maintaining the well-being promoting behaviors that you actually enjoy?

Good News, you can! You can implement new health-promoting behaviors, self-care practices, and engage in joyful movement without feeling shame, guilt, or like you're cutting out everything. In fact, our work together is the exact opposite. No more food lists, no more feelings of being out of control and welcome embracing food, your body and neutral nutrition.

### You deserve to have a loving relationship with food & your body.

I'm Cristina Hoyt, MS, Integrative Clinical Nutritionist, and Body Image Coach, and I help my clients cultivate a positive relationship with food and their body by integrating the principles of functional, neutral nutrition, Health At Every Size™, and weight inclusive, non-diet medical nutrition counseling.

*What does that mean?*

- I offer an alternative to weight loss programs and overly restrictive protocols promising to heal and restore your body, gut, and waistline.
- Instead, I offer effective, integrative, evidence-based weight neutral nutrition support and lifestyle behavior modifications that emphasize improving your health and vitality and increasing joy around food.

I work with my clients to create personalized nutritional support to optimize the healing capacity of the body with a focus on an abundance mindset rather than restriction.

We work collaboratively, in a weight inclusive, supportive approach, to help you cultivate well-being promoting habits, sustainable self-care, and lifestyle behavior changes that truly impact your long-term health and well-being.

Read below to see how we can build upon your discovery session to reach your long-term goals.



# HOW WE CAN WORK TOGETHER

*Ready to invest in on-going sessions? These packages have been designed for optimal success that include predictable sessions and long-term investment in your relationship with food & body.*

*Each of my clients start with a Comprehensive 90 Minute Initial Session. During this session, we go through your health history, current challenges, and what you would like to work on during our time together. Each of the following packages are designed for you to start with the initial session.*

***You can purchase the Initial Session for \$250 | [Schedule Here](#).***

At the end of your 90 minute initial session, we will discuss together the frequency of sessions moving forward and at that point, you can select and purchase a session package or you can continue scheduling sessions at a time. See below for packages and session prices.

## **One off 55 minute Sessions**

You'll Get: Custom interventions building on the initial session and follow up sessions including additional resources to help implement.

Investment: \$175 | [Schedule Here](#)

## **3 Session Package**

Includes Three (3) fifty-five minute Follow Up Sessions

You'll Get: Custom interventions building on the initial session and follow up sessions including additional resources to help implement.

This is for you if:

- You want a more balanced relationship with food and your body.
- You want to gain a better understanding of your body & how you can use nutrition to gain your ultimate vitality.
- You're ready for non-prescriptive nutrition-centered integrative solutions to help you manage symptoms and conditions.
- You know you will at least have three follow up sessions

Investment: \$525 | [Schedule Here](#)

*Payment plan available, Deposit \$175, 3 payments of \$116.66, inquire for sliding scale*

*Suggested frequency - sessions to be completed within 4 months*

# HOW WE CAN WORK TOGETHER

## 6 Session Package

Includes the Six (6) fifty-five minute Follow Up Sessions

You'll Get: Custom interventions building on the initial session and follow up sessions including additional resources to help implement.

This is for you if:

- You want a more balanced relationship with food and your body.
- You want to gain a better understanding of your body & how you can use nutrition to gain your ultimate vitality.
- You're ready for non-prescriptive nutrition- centered integrative solutions to help you manage symptoms and conditions.
- You know your history is complex and committed to resolving this

Investment: \$1050 | [Schedule Here](#)

*Payment plan available, Deposit \$175, 6 payments of \$145.83, inquire for sliding scale*

*Suggested frequency - sessions to be completed within 6 months*

## 12 Session Package

Includes Twelve (12) sixty minute Follow Up Sessions

You'll Get: Custom interventions building on the initial session and follow up sessions including additional resources to help implement.

This is for you if:

- You want a more balanced relationship with food and your body.
- You want to gain a better understanding of your body & how you can use nutrition to gain your ultimate vitality.
- You're ready for non-prescriptive nutrition- centered integrative solutions to help you manage symptoms and conditions.
- You know you that this is a process and you want the time to dive into your complex relationship with food + body + incorporate health promoting behaviors

Investment: \$2,100 | [Schedule Here](#)

*Payment plan available, Deposit \$175, 11 payments of \$147.90, inquire for sliding scale*

*Suggested frequency - sessions to be completed within 11 months*

# FREQUENTLY ASKED QUESTIONS

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## **Do you accept insurance?**

Currently, I am considered an out-of-network provider, but do provide clients with a superbill to submit to insurance for possible reimbursement. The best way to find out your coverage and reimbursement potential is to contact your insurance directly and ask what their policy is for out- of-network providers providing nutritional counseling services, specifically for the billing code CPT Code: S9470, Nutritional Counseling and ICD diagnosis code Z71.3, Dietary Counseling and Surveillance for general counseling services (unless you have Aetna, in which case the ICD diagnosis code used will be z72.4, Inappropriate diet and eating habits. I do not provide insurance and superbill support if your insurance rejects the Super Bill for reimbursement. It is your role, as the insured, to contact your insurance and determine which CPT and diagnosis codes they cover for reimbursement for nutritional support and share them with me. I will accommodate insurance reimbursement specific codes as long as I find them to be aligned with the work that we are doing together and truthful.

If you have Aetna, they are pretty strict with insurance coverage - here are the diagnosis codes that they support for nutritional counseling.

[http://www.aetna.com/cpb/medical/data/1\\_99/0049.html](http://www.aetna.com/cpb/medical/data/1_99/0049.html)

## **Where will the sessions take place?**

All of our sessions will happen remotely via my HIPAA platform, Practice Better. All of our sessions are either conducted over the phone or video through Practice Better.

## **Do I have access to you between sessions?**

Yes! Practice Better has an incredible platform that allows you to directly message me and chat with me in between sessions. I love hearing from clients because some things can be answered quickly and other times it just can't wait until our next session.

## **What types of resources do I get access to between sessions?**

It varies from client to client because each person's story, background, and needs vary. Resources can vary from personalized video lessons, worksheets, assignments, reading materials, workshops, etc.

# FREQUENTLY ASKED QUESTIONS

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## **What kind of nutrition suggestions will I receive if it's not a formal elimination protocol?**

We work together to define your overall goals and for each person this will look differently based on their unique situation. For instance, there may be the goal of detaching dieting approach to health-promoting behaviors, so we will work on neutralizing the health promoting behaviors while allowing for flexibility. Another example could be implementing exposures to foods that you have routinely restricted or had on a no list in order to neutralize that food.

## **Do I have to have blood work available?**

I love to nerd out on blood work and I find it to be really interesting to look over the data for any nuggets that we might have missed in discussion or even to confirm what we've discussed, but overall, no. Blood work is not necessary. We can do so much together merely by discussing your health history and currently symptom presentation.

## **Do you require any kind of added tests or labs?**

Nope! They can be helpful tools, but certainly not a requirement.

## **Do you give supplement recommendations?**

I do when appropriate. I also review current supplementation and look for overlap, unnecessary items, contradictions, interactions, and need. My philosophy on supplements is that they're just that - supplements. Great to use for acute necessary care, but I am not a supplement sales person and that's not the basis for my approach with my clients.

## **Have a question not listed?**

Feel free to email me at [cristina{at}cristinahoyt.com](mailto:cristina@cristinahoyt.com) or message me in your client portal.