



# KETOGEVITY

LONGEVITY THROUGH THE SCIENCE OF KETOSIS

## 12 Week One on One Consultation Fee Schedule

### First Consultation – Done at client’s home (R1500.00)

1. General medical exam (vitals, medical exam, weight, measurements, initial photos).
2. A brief introduction into the science of Ketosis & Dr T’s 12-week Ketogenic program.
3. A walk through the Keto approved food list & the client’s kitchen.
4. Monitoring your ketones: a hands-on approach to assessing your macros and urine dipstick testing.
5. Discussion around baseline blood testing required. (kidney function, insulin resistance, diabetes assessment and thyroid function)
6. Discussion around an exercise program based on the client’s individual requirements.
7. Questions & answers.

### Two weeks follow up – Advisable (R550.00)

1. General medical exam (vitals, weight, measurements)
2. Interpretation of your baseline blood test results and the way forward.
3. Assessment of your Ketone production.
4. Analysis of your macro-nutrient mapping graphs.
5. Questions & answers.

### Four weeks follow up (R550.00)

1. General medical exam (vitals, weight, measurements)
2. Assessment of your blood ketones.
3. Assessment and analysis of your overall energy & mental wellbeing at this stage
4. Analysis of your daily macro- nutrient mapping graphs.
5. Questions & answers.

(This is patient dependant and you are not required to have a follow up consult if you feel your journey is proceeding well)

### Six weeks follow up – Advisable (R550.00)

1. General medical exam (vitals, weight, measurements)
  2. Assessment of your blood ketones.
  3. Assessment and analysis of your overall energy & mental wellbeing at this stage.
  4. Analysis of your Daily and weekly macro-nutrient mapping graphs.
  5. Questions & answers
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Twelve weeks follow up – Advisable (R950.00)

1. General medical exam (vitals, weight, measurements, follow up photos)
2. Assessment of your blood ketones
3. Assessment of your physical journey using info-graphic representation of your change in weight, body fat percentage & overall measurements.
4. Repeat blood analysis for reassessment of your initial profile.
5. Questions & answers.

Any other consults that may be required thereafter (R550.00)

*Please note: all consultations are billed as a general medical consult and can be submitted to all medical aids for reimbursement.*

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