



# KETOGEVITY

LONGEVITY THROUGH THE SCIENCE OF KETOSIS

## 12 Week Online Consultation Fee Schedule

### First Consultation – 1 Hour Live Online Consult - R1000.00 (R250.00 every 30min thereafter)

1. Introduction and general medical discussion. (past and present medical conditions, pre-evaluated vitals, weight, height and 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, urine dipstick or blood ketone testing.
5. Discussion around baseline blood testing required. (kidney function, insulin resistance, diabetic assessment and thyroid function).
6. Discussion around an exercise program based on the client's individual requirements.
7. Questions & answers.

### Two weeks follow up – Live Online Consult – R500.00 (R250.00 every 30min thereafter)

General medical follow up discussion (pre-evaluated vitals, weight and measurements)

1. Interpretation of your baseline blood test results and the way forward.
2. Assessment of your Ketone production.
3. Analysis of your macro-nutrient mapping graphs.
4. Questions & answers.

### Four weeks follow up – Live Online Consultation – R500.00 (R250.00 every 30min thereafter)

1. General medical follow up discussion (pre-evaluated vitals, weight and measurements)
2. Assessment and analysis of your overall energy & mental wellbeing at this stage.
3. Assessment of your ketone production.
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)





# KETOGEVITY

LONGEVITY THROUGH THE SCIENCE OF KETOSIS

## **Six weeks follow up – Live Online Consultation - R500.00 (R250.00 every 30min thereafter)**

1. General medical follow up discussion (pre-evaluated vitals, weight and measurements, mid program photos)
2. Assessment and analysis of your overall energy & mental wellbeing.
3. Assessment of your ketone production.
4. Analysis of your daily macro-nutrient mapping graphs.
5. Questions & answers.

## **Twelve weeks follow up – Live Online Consultation - R750.00 (R250.00 every 30min thereafter)**

1. General medical follow up discussion pre-evaluated vitals, weight and 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 medical profile.
5. Questions & answers.

**Any other consults that may be required thereafter**

**(R500.00)**

***Please note: All Consultations are billed as a general medical consult and can be submitted to all medical aids for re-imburement.***

---