

# SERVICES GUIDE

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[DRAMINADAVISON.COM](http://DRAMINADAVISON.COM)

# 360 ASSESSMENT

TRANSFORM YOUR ENERGY AND QUALITY OF LIFE WITH  
PERSONALISED, DOCTOR-LED CARE.

When you have been living with a chronic health condition for a long time, it takes commitment and perseverance to make changes that will ultimately get you living the life you deserve.

You may have already seen numerous doctors, specialists, had tests and still don't have any answers. You may be feeling under pressure to go on long term medication, or feel abandoned or lost because your doctor has run out of options for you.

If you're ready to take control of your health once and for all, we're ready to help.

The 360 Assessment is a full medical assessment, including tests. This assessment is designed to delve deep into your health concerns, helping you to kickstart your health.

## INCLUDED

- 2 DOCTOR VISITS.
- 2 NUTRITIONIST OR HEALTH COACH VISITS.
- ALL INITIAL TESTS.
- PERSONALISED HEALTH PLAN.
- 3 MONTH MEMBER SUPPORT PACKAGE.

## INVESTMENT

**£2400**

\*See website for full details



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# MEMBER SUPPORT PACKAGE

## STAY ON TRACK WITH MEMBER PERKS AND FLEXIBLE APPOINTMENTS

Included as part of the 360 Assessment, or purchase this membership with pay-as-you-go appointments.

You will get access to our secure online members portal so you can see your notes, test results, track progress, book appointments and message us, meaning no waiting on the phone or waiting for documents to be posted to you.

You also get access to our members-only library of resources so you can have extra support on your journey, meaning you get a better and deeper understanding of your health.

As a member we offer a generous 25% discount on supplements, and 10% off tests so you can get the quality of treatment that you need.

The member support package is cancellable any time by giving one months notice.

### INCLUDED

- PAY-AS-YOU-GO APPOINTMENTS
- ACCESS TO THE ONLINE PORTAL
- PERSONALISED HEALTH PLAN
- ONLINE MESSAGING
- TESTING AND SUPPLEMENT DISCOUNT
- ONLINE MEMBERS AREA

### INVESTMENT

**£49 PER MONTH**

\*See website for full details. Only available with the purchase of a 360 Assessment or initial appointment.



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# OUR SERVICES

## MEDICAL

### INITIAL CONSULTATION

Your first visit with your practitioner. This 75 minute session is a great opportunity to help them understand your health objectives, your medical history to date, the health concerns and your priorities. Initial health plan and testing recommendations are included.

£550

### RESULTS CONSULTATION

Your practitioner will spend time analysing and interpreting your test results before your appointment. During this 60 minute session, your doctor will take you through the results in detail and you will have the chance to ask any questions. Your personalised health plan will be updated to reflect any new changes based on your results.

£440

### FOLLOW UP IHR

Follow up consultations are designed to give you and your practitioner time together to review your progress since your last visit and for you to work together with your health practitioner to empower you to take the next step on your health journey. It's a great opportunity for you to ask any questions, concerns or ask for clarification on anything since your last visit. This longer session is suitable if it has been a while since you have seen your practitioner or if you have several points to discuss.

£355

### FOLLOW UP 30M

Our 30 minute follow up appointment is suitable if you are having regular sessions with your doctor and you want to catch up on your progress, ask questions and update your personalised health plan.

£210

### PHONE CALL 15 MIN

Existing patients with brief queries which cannot be answered in an online message (members only), or who are in need of a brief discussion. This is not suitable for amending or creating new treatment plans.

£85

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AVAILABLE TO BOOK ONLINE VIA THE PORTAL

# OUR SERVICES

## HEALTH COACHING AND NUTRITION

### INITIAL CONSULTATION- NUTRITIONIST

Your first visit with your nutritionist. During this 60 minute session you will review your 7-day food diary, and discuss your diet and personalised diet plan.

£230

### FOLLOW UP CONSULTATION- NUTRITIONIST

This 45 minute session allows you time to review your progress with your personalised diet plan, and the opportunity to ask questions from your practitioner. You will also need to complete a 7 day food diary before this appointment.

£155

### INITIAL CONSULTATION- HEALTH COACH

Your first session with your health coach, This 60 minute session will review your health and life history, including delving into previous events in your life, how you handle stress, traumatic events and general self care. You will be asked to complete a self care questionnaire prior to this session.

£230

### FOLLOW UP CONSULTATION- HEALTH COACH

30 minute sessions to keep on track and stay on top of your new changes. Health coach sessions are useful for regular support and guidance in implementing your personalised health plan.

£115

### PHONE CALL NT/HC

For brief queries or a brief discussion with your nutritionist or health coach.

£55

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CONTACT PRACTITIONER TO BOOK