

## **Mary Jane Bembenek, MS CNS CKNS LDN**

Personalized Nutrition

dba Everyday Nutrition, LLC

[www.nutritionwithmaryjane.com](http://www.nutritionwithmaryjane.com)

hello@nutritionwithmaryjane.com

### **Notice of Privacy Practices**

All patient information is handled under the HIPAA Privacy Act. The privacy of your medical information, as described in the HIPAA Privacy Act, is important to us. We understand that your medical information is personal and we are committed to protecting it. We create a record of the care and services you receive at our organization. We need this record to provide you with quality care and to comply with certain legal requirements. We will not use or disclose your medical information for any purpose, without your specific written authorization. Any specific written authorization you provide may be revoked at any time by writing to us at the address provided at the end of this notice. We may use medical information about you to provide you with medical treatment or services. We may disclose medical information about you to doctors, nurses, or other health care providers to assist them in treating you. We may use and disclose your medical information for payment purposes. A bill may be sent to you or a third-party payer. The information on or accompanying the bill may include your medical information.

### **Services to Be Provided**

Mary Jane's goal is to help you achieve the highest state of health consistent with your own goals. Nutrition and herbs can serve as an excellent adjunct to a medical doctor's treatment, but are not a substitute for that treatment. Services offered as a part of this consultation may include education about herbs and nutrition, personalized whole foods and dietary recommendations, meal plans, lifestyle modifications, herbs and nutritional supplement recommendations, such as but not limited to vitamins, minerals, herbs, amino acids and fatty acids. As a part of Medical Nutrition Therapy, Mary Jane will perform a comprehensive nutrition assessment determining a nutrition diagnosis; plan and implement a nutrition intervention; and monitor and evaluate your progress.

Mary Jane Bembenek is a CERTIFIED NUTRITION SPECIALIST® certificant with the Certification Board for Nutrition Specialists (202) 903-0267, [Office@NutritionSpecialists.org](mailto:Office@NutritionSpecialists.org) and a licensed nutritionist in the State of Maryland through the [Maryland State Board of Dietetic Practice](#) (410) 764-4733.

### **Client Rights and Responsibilities**

It is your responsibility to fully disclose health information to Mary Jane and her team. As service progresses, inform her of changes that occur, including medication and health changes. You have the right to respectful, courteous care and can refuse to follow any or all recommendations provided as a result of this consultation. You have the right to choose another practitioner for any reason and to request that health information be disclosed to another practitioner or health care provider.

### **Fees and Charges**

Payment for the consultation is due at the time services are rendered. Except in emergency situations, you will be charged for missed appointments without 24 hours notice. The fee for missed appointments is \$75.00. Emails and phone calls longer than 10 minutes will be billed at \$25 per 15 minutes.

### **Supplement Safety**

The historical record and modern research indicate that herbs and supplements most often used for healthcare have a good safety record. Similarly, confirmed cases of herb, nutrient and drug interactions are rare. However, adverse events can occur after using any active substance, including allergic response. Therefore it is imperative that you disclose to Mary Jane: 1) all medications, supplements and herbs currently in use, 2) any liver or kidney

disease (past or present), 3) any allergies, 4) if you plan to become pregnant or are currently pregnant or breastfeeding. It is important to stay within the dosage recommended. You are expected to inform your physicians of any nutritional supplement or herb use. Any suggestion that the effect of a drug is being altered by simultaneous use of an herb or nutritional supplement should be reported directly to all health professionals involved. It is also advisable to stop taking herbs and supplements 7 days before and after a surgical operation, and/or in the event of being prescribed a new medication.

---

**Informed Consent**

I am solely responsible for the decision to see Mary Jane Bembenek, MS CNS CKNS LDN for Nutrition Counseling. I have reviewed this document, including safety of supplements, services to be provided, cancellation fees, my responsibilities as a client, and the Notice of Privacy Practices. I understand Mary Jane is not a physician and therefore cannot diagnose or treat disease, or prescribe drugs. If I have not already done so, I agree to consult a medical doctor for any serious or life-threatening disease conditions, either for myself or someone under my guardianship. I have had the opportunity to ask Mary Jane questions regarding the proposed services, this consent form, and other pertinent information and have received satisfactory explanations. I understand that I am free to discontinue service(s) at any time.

Client's Name \_\_\_\_\_

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature  
(if client is under 18 years old): \_\_\_\_\_ Date: \_\_\_\_\_

Witness/Practitioner Signature: \_\_\_\_\_ Date: \_\_\_\_\_