

## What is Dietetics Online?

Dietetics Online is an interactive, personalised and protected website providing you with 24/7 fast, easy access and retrieval of your very own tailored dietary program from any computer anywhere around the world. MD Health's Dietetics Online was developed, designed and is being constantly monitored by qualified MD Health Dietitians.

## If I become a member of Dietetics Online, what do I get?

Our Dietitians have designed Dietetics Online to allow you access to the following:

### 1. Access to interactive Online Tools 24/7, anytime, anywhere:

**My Home** – My Home will provide you with regular weekly updates on

- ✓ new recipes;
- ✓ tips on what activities and exercises are most beneficial for a "better body" (updated weekly by our expert Physios/Pilates Instructors);
- ✓ articles relevant to weight management and nutrition;
- ✓ And a collection of very handy fact sheets.

**My Menu** – My Menu is your very own, personalised and tailored 7-day menu plan providing you with a thorough meal plan from breakfast, lunch and dinner as well as the most valuable snacks throughout the day! My Menu will also provide you with the ability and flexibility to manage as well as amend your food selection based on your own personal preference and not worry about counting calories or portion sizes! Our Dietitians have already done that for you. It's a win-win either way!

**My Food Diary and My Goals** – My Food Diary and My Goals are interactive online tools allowing and empowering you to record your food intake, your feelings as well as your SMART goals which are realistic and achievable.

**My Activity Calculator** – My Activity Calculator is a handy tool that calculates how much energy you are using on a day-to-day basis. The calculator will enable you to explore activities and energy expenditures related to those activities.

### 2. Regular meetings and re-assessments with our qualified MD Health Dietitians either in person, telephone, and email:

As soon as you sign up for the 13-week membership contract, you will begin your Dietetics Online program by having a Full Dietetics Assessment (FDA) either in person (visit at the MD Health premises); via the phone (40 minute assessment); or via email – wherein a set of questions will be forwarded to you by our Dietitians. The FDA will form the basis of your personalised Dietetics Online program. There will be further consultations on Week 2 and 3 with our Dietitians and on Week 7 and 13, Re-assessments will occur either in person, over the phone or via email. During each of the re-assessments, your Dietetics Online program will be amended accordingly, forming the basis of your program in the following weeks.

### 3. Regular Online monitoring of your progress.

Our Dietitians will be monitoring you regularly via our Administrator's site online. So, keep your progress up to date by logging on weekly, completing your weekly menu, entering your SMART goals and food diary entries. If you are having any difficulties, our Dietitians are not far away in making contact with you, reminding you of your goals each week for being in this program.

## What are the benefits of being a member of Dietetics Online?

- Effective and personalised dietary & weight management program
- The ability to access your program anytime, anywhere around the world.
- Regular meetings and re-assessments with qualified Dietitians – not just some consultant without any qualifications.
- A program that focuses on permanent and sustainable behavioural changes
- Ongoing education, support, advise and monitoring with our Dietitians.
- Access to up to date and latest evidence-based dietetics practices

## I don't really have a weight problem; however, I have other health issues which I know effective nutrition management can assist. Can Dietetics Online help me?

Our Dietitians are not just limited to weight management issues. They are after all, qualified Accredited Practising Dietitians (APDs). APDs are nutrition and dietetic experts who can translate the latest scientific research into practical dietary advice tailored to your needs and lifestyles. MD Health's Dietitians are also trained to provide advise on:

- ✓ Diet and lifestyle assessments
- ✓ Personal eating plans and nutrition guidelines
- ✓ Nutrition education
- ✓ Counselling, motivation and support
- ✓ Sports nutrition
- ✓ Nutrition for diabetes
- ✓ Cardiac risk factor management
- ✓ Gastrointestinal disorders
- ✓ Cancer
- ✓ Food allergy and intolerance
- ✓ And other general nutrition-related health issues

## How do I get started?

Visit our website: [www.dieteticsonline.com.au](http://www.dieteticsonline.com.au) and click on the **FREE TRIAL** button. If after the trial you're still interested, download our Membership Application Form, fill it out and either fax, email or post it to us. The membership is for 13 weeks and will cost you **\$34.95 per person per week**.

Don't forget, if you want to get to your destination - "a better you", you have to start somewhere and soon!

## Contact Information:

**MD Health Physiotherapy**  
Templestowe Village Shopping Centre  
Shop 9b, 112 James St  
Templestowe 3106, Victoria Australia  
Tel: 03 9846 5888  
Fax: 03 9846 8034  
Email: [mdhealth@optusnet.com.au](mailto:mdhealth@optusnet.com.au)  
Website: [www.mdhealth.com.au](http://www.mdhealth.com.au)