

# Dietician Services

## Healthier SG with 1doc

Singapore's Preventative Healthcare Plan starts in the latter half of 2023, kickstart your health journey by joining in one of our health programs today!

### STANDARD

# \$75

Basic Consultation

#### Dietitian Consultation

- 1-1 Teleconsult or Face to Face visit
- Meal Plan (if applicable)
- Identify gaps in your diet

### BEST VALUE

# \$50

1 Month

#### Diet Coaching on nBuddy

- 1-1 Coaching with a Registered Dietitian
- Daily food reports
- Daily auto nudging

### SPECIALISED

# \$168

2 Weeks

#### Sugar Coaching

- 2 week coaching for diabetics
- Abbott Freestyle Libre Included
- Diet Plan & Sugar Report

### FLAGSHIP

# \$298

1 Month

#### Heal with Hope

- Visits with Dr & Dietitian
- Modular and can include Libre coaching @S\$98
- Health Plan (Includes Diet & physical activity)