

Nutrition Care Manual® Webinar for SCAN DPG Q&A

Pricing and subscription questions:

The Nutrition Care Manual is \$158 for ADA Members for the first year and \$116 thereafter, per concurrent user. Volume discounts apply for 5+ subscriptions.

Since the subscription is based on concurrent access, we suggest you think about how many people (and this could include RDs, DTRs, nurses, interns, etc.) might want to get into NCM at the same time during peak periods. If that's one person, one subscription is fine. If that's 5 people, you should get 5 subscriptions.

Because the manuals are Web based, it can be set up on your organizations intranet for access to all your sites and computer stations. This is very easy to do and should take your IT person only a few minutes.

To subscribe, you simply go to <http://www.nutritioncaremanual.org> and click on the link in the Sign Up Today box. You may pay with credit card or purchase order.

Q: Are the subscriptions renewed (billed) annually?

- Yes. If you subscribe in November 2011 your subscription will be up for renewal Sept 2012. At that time you'll receive notification via email 90, 60 and 30 days in advance.

Q: The member price is ADA member or DPG member?

- The member price is ADA Member price. The Non-member price for a single subscription is \$315. ADA Members pay \$158 for a single subscription.

Q: How can I get the subscriptions to get renewed on the same day...currently mine have 2 different months of renewal. Am I still getting discounts?

- Our accounting system recognized if you own NCM and PNCM and you will receive any additional discount for volume and companion pricing upon renewal of either one. You don't need to have them expire at the same times to receive these discounts.

Q: If I buy the sports Nutrition Care Manual at a later time, will it still run out at the end of the year or when dues are again due or do I have additional time d/t buying at a later time.

- If you subscribe in November 2011 your subscription will be up for renewal Sept 2012. At that time you'll receive notification via email 90, 60 and 30 days in advance.

Q: is there further discount if you have subscribed to one and want another? (I have SNCM and want NCM)

- There is no further discount on SNCM. The discounts are based on the more expensive products, NCM and PNCM.

Q: If you currently subscribe to NCM, is there a discount to subscribe to PNCM? How does this work?

- Yes. If you already subscribe to NCM or are going to subscribe to NCM, the system recognizes that NCM has been ordered and you receive a discount on the purchase of PNCM. For example, single, stand-alone subscriptions of NCM or PNCM are \$158. If you purchase NCM at \$158 then PNCM is billed at companion rate of \$105. Upon renewal, NCM will be \$116 and PNCM will be \$77.
 - Furthermore, additional discount is taken on PNCM if you exceed one of the volume tiers. For example, if you purchase 3 NCM at \$158 and 2 PNCM, the PNCM is billed at a volume rate of 5, which bring the price down to \$100.
 - Even better is when you renew NCM then the discount is also taken on NCM for volume rate bringing that price down to \$113 too.
 - Please see the Web site for better explanation. ☺

Q: If you are a PhD student, does that count as a student or a professional if you are an RD?

- If you are registered with the ADA as a student Member and your Member number is identified as such, you will receive the student member price of \$75 for NCM, \$75 for PNCM and \$65 for SNCM.
- Please email me for the promotion code to use when ordering so you can obtain this price.

Q: Who do we contact to obtain retired member pricing?

- If you are registered with the ADA as a retired Member and your Member number is identified as such, you will receive the retired member price of \$75 for NCM, \$75 for PNCM and \$65 for SNCM.
- Please email me for the promotion code to use when ordering so you can obtain this price.

Q: Would you please repeat the months the manuals are updated -- when the new versions come out? I understand the NCM is updated in Oct or so. I cannot remember what you said about the others.

- NCM is updated in October. PNCM is updated in May. SNCM will be updated in Sept. You will automatically receive these updates when you log in on that day. We will send notification to all admins via emails, post it on Facebook, and the update summary will be posted on the home page of the corresponding manual.

Q: Does one subscription cover only up to 5 at one building, or can a subscription cover two RDs who work under one company name but go to various facilities to do contractual work?

- The confusion comes in the pricing grid. 1 to 4 is the volume break for number of concurrent users. Therefore, if you purchase 2 subscriptions, 2 people can log in at the same exact time, from anywhere in the world that has internet access. They can simply access it with a user name and password versus IP recognition that most facilities use.

Q: Re: pricing, what/who is a ""member""? Is this separate from ADA membership? I am a new member. Thanks.

- Member price is referring to being a Member of the American Dietetic Association.

Q: Cost for NCM & SNCM - this combo isn't listed.

- There is no combo price at this time.

Q: If we purchased the manual, what is the length of use prior to renewal? Thanks

- 12 months from the month you begin your subscription.

Q: Is there a package to purchase the NCM and Sports NCM?

- Not at this time.

Q: What are you considering an ""Educator"", college or clinic educator?

- The purpose of the "Educator's offer" is to promote the use of the manuals in the classroom, or to your interns. If you are an Educator and adopt NCM, PNCM or SNCM as a recommended text and use it in the classroom or for training, I offer the Educator a complimentary subscription. Likewise, if your University purchases 5 or more subscriptions for your students to use in the library or computer lab or for their own use, I offer the Educator a complimentary subscription. Just send me a copy of a syllabus, order number or whatever communication you use to your students. PLEASE, when communicating to your students, add the code MSTU09 for them to get the student member rate of \$75, or NSTU09 for the non-member student rate of \$150. They must have a valid .edu and student member number to receive the Member discount.

Navigation and Features:

Q: Can you show an example of a low cholesterol diet?

- I did show it during Q&A. It is located within Cardiovascular > Disorders of Lipid Metabolism

Q: Do you have a place to Google what you are searching for vs. finding the appropriate tab?

- There is a search box in the upper right-hand corner.

Q: How often should my facility approve the manual? Can one time be allowable?

- All depends on your policy. For each update, simply print off or email the update summary to your committee for approval so they don't have to navigate it all again each year.

Q: What if someone does not log off?

- They will automatically be logged off after 15 minutes.

Q: Do you have a recommendation for the EHR & Dr. diet ordering management lists

- This is specific to your facility, field and practice. We can discuss on the phone but if you have access to the CNM list serv, you may want to pose your question there and receive answers from people who are practicing in the field. I can only give you my best guess but those RDs live it every day and are the experts!

Q: I have often wanted to auto fill my name....

- You can set it up through your browser. Or simply set yourself up with the auto log in option. Check out the Help topic under "How do I create a custom URL for my NCM/PNCM subscription"

Q: I'm in private practice, so besides meal plans, and educational handouts, my clients want to have a nutrition assessment summary sheet, complete with nutrition diagnosis, nutrition prescription and any other calculations. Are these available for CLIENTS to be filled in by the RD? Thank you. Love ALL the manuals.

- You will find these types of resources throughout the manual that we have reprinted with permission from various sources. Simply search in the search box on "assessment" to find them.

Q: In regard to supplement usage in elite athletes, is there any consideration to the WADA guidelines or individual sport requirements like NCAA, NBA, NFL, MLB banned substances review?

- Within the Resources > Dietary Supplement Evaluation section, you'll find information on and links the National Collegiate Athletic Association (NCAA): Supplement Regulations; Anti-Doping Resources for Athletes; Federal Government Information and Resources on Dietary Supplements

Q: Is there a section on eating disorders related to sport if we do not have the NCM, just SNCM?

- At this time, eating disorders is limited to NCM and PNCM. I have sent your request to the editor.

Q: Is the SNCM much different from the SCAN book?

- Yes. The SNCM is meant to compliment the book. You can see the site map of SNCM to view to the topics and compare to your book.

Q: What age range does the SNCM pertain to?

- College and above. There is adolescent sport information in PNCM.

Q: Do you have a free trial period of the new SNCM?

- Not a free trial but on the site we do have a preview of SNCM that you can view. www.nutritioncaremanual.org choose Sports Nutrition Care Manual "Click for more info"

Q: Is there a link or resource where we can go to see NCAA banned substances for athletes?

- There is a summary within SNCM but you can obtain information from: <http://www.ncaapublications.com/>

Q: Can you show how to access the food crosswalk again?

- Simply click on the Meal Plans tab.

Q: Is there sports specific client handouts such as golf, basketball, etc.?

- The client ed handouts are organized by type of sport (Endurance Athletes, Strength Athletes, Team Sport Athletes) not specific sports.

Q: It looks like the client education materials can be emailed to the client rather than printed, is that correct?

- Yes. You can email the materials to them by saving it on your hard drive and attaching it in your email.

Q: I work at a university and they have a subscription to the manual. How do they get updates? Thanks

- They have the updates. Updates are automatic!

Q: The NCM does not seem to stay open very long while in use. Can the time be adjusted so that it does not log off so quickly?

- Not at this time. We've made some adjustments so please see if the timing is better for you.

Q: What info do you have available for FODMAP diet for IBS/IBD?

Q: Is the TEE equation for children in any of these manuals?

- PNCM includes a TEE calculator- TEE for Weight Maintenance in Overweight Boys and Girls

Q: When using the REE, is there a list of the activity factors to add to it?

- It is assumed that the patient is hospitalized but if not you must add activity factors on your own. In the SNCM, the activity factors are added to the TDEE Calculators.