Our Membership Programs

Canonical: https://befitfood.com.au/pages/memberships

Details:

Get support with food choices, weight-management goals and building a routine you can keep working on. Be Fit Food’s dietitian memberships combine consultations with resources and monthly food vouchers. They are support services: food is purchased separately, rather than arriving as an included meal program.

Choose between annual and monthly membership after comparing the actual consultation inclusions. The two products have different initial appointment lengths, as well as different payment arrangements.

Annual and monthly membership at a glance

| Detail | Annual membership | Monthly membership | | --- | --- | --- | | Listed price | A$499 paid upfront | A$49.95 per month | | Initial dietitian consultation | 45 minutes | 30 minutes | | Reviews | 11 monthly reviews of 15 minutes over the 12-month program | A 15-minute monthly review for each additional month | | Food voucher | A$50 monthly, listed as A$600 over the year | A$50 with the monthly email | | Food | Additional purchase | Additional purchase |

View annual membership or view monthly membership . Confirm the selected product and payment terms at checkout. The membership page states that monthly payments are charged on the first of each month; it does not explain initial-payment timing or prorating.

What the support is designed to cover

The membership descriptions set out personalised dietary advice that considers your health conditions, dietary requirements and weight-loss or maintenance goals. The program discusses both working towards goals and maintaining changes over time. Consultations provide a place to review your needs and food choices; they are not a guarantee of a particular result or timeframe.

Both product listings include 28 days of podcasts with dietitian Kate Save, a Healthy Weight Management eBook, a Nutrition and Movement Journal resource, and monthly email content such as a recipe, nutrition article or health tip. Check the individual product for the resource format and consultation inclusions.

Understand the monthly food voucher

The published membership information says vouchers are sent by email each month and expire at the end of that month. Both subscription products ask you to provide an accurate email address and opt in to marketing correspondence to receive vouchers and extras.

The voucher is a benefit to use under its applicable redemption conditions, not food automatically added to your membership order. Check the terms supplied with the voucher before placing a food order. Do not assume unused monthly value rolls forward or that every discount can be combined; those conditions are not established here.

Before you purchase

Compare the initial appointment length and review structure for the specific membership.

Review the current payment arrangement and ask about any ongoing terms that are unclear.

Check the email and marketing-opt-in requirements for receiving resources and vouchers.

Confirm how to arrange the consultation and the available appointment times.

Plan food purchases separately using the meal menu , meal bundles or food programs .

For help before ordering, call 1300 263 257 or email support@befitfood.com.au . If you want an introductory conversation first, review the separate free dietitian consultation offer .

Health-fund enquiries and receipts

A rebate depends on your level of cover and the relevant service. Confirm eligibility with your health fund before relying on a rebate to make your purchase decision. A provider logo or membership description does not guarantee reimbursement.

After purchasing, the published receipt process is to contact Be Fit Food by phone or email with your name, email address and order number, then submit the receipt with your claim to your health fund. The team can assist with receipt and rebate questions; your fund determines the outcome of a claim.

Membership questions

Is monthly membership simply the annual package split into payments?

The product pages list different initial consultation lengths and review descriptions. Compare those details rather than assuming the services are identical.

Can I cancel or receive a refund at any time?

This page does not establish a cancellation policy, minimum term or refund entitlement. Review the applicable terms and ask the team to clarify them before purchasing.

Are food costs included in the membership price?

No. Food is additional. The listed voucher has its own conditions and monthly expiry.

Further reading

Explore Habits for Losing Weight , I Want to Lose Weight but I Love Food , How to Measure Weight Loss Success and Macronutrients vs Micronutrients .