

WELCOME

We're so glad you've chosen to continue your care with **Lifestyle Metabolic**. Our **single-practitioner packages** allow you to bundle multiple sessions with **one clinician** (Dietitian or Counsellor), making it easier to stay on track with your care.

This guide will walk you through how to book your package and appointments using our online booking system via **Halaxy**. Each step is clearly outlined to help you feel confident from start to finish.

STEP 1 – ACCESS THE BOOKING PAGE

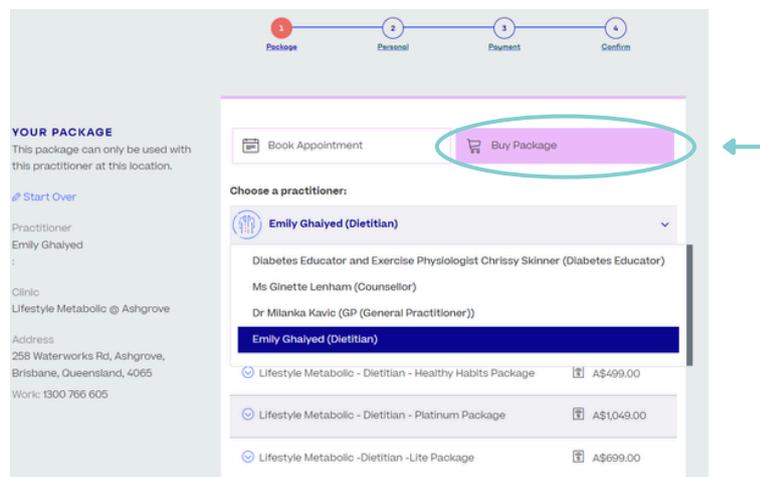
1. Go to www.lifestylemetabolic.com.au
2. Click “Book Now.”



STEP 2 – SELECT “BUY PACKAGE”

1. On the Halaxy booking page, click “**Buy Package**.”
2. Select the **practitioner** you wish to book with:
 - **Dietitian packages:** select **Emily** or **Jess**
 - **Counsellor packages:** select **Ginette**

The packages shown will depend on the practitioner you select.

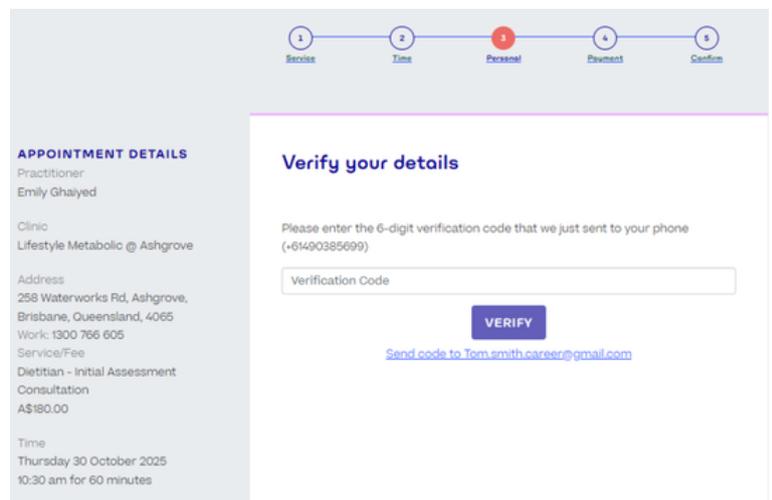
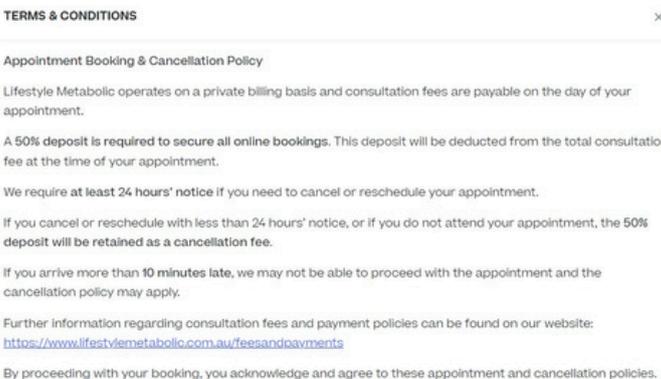
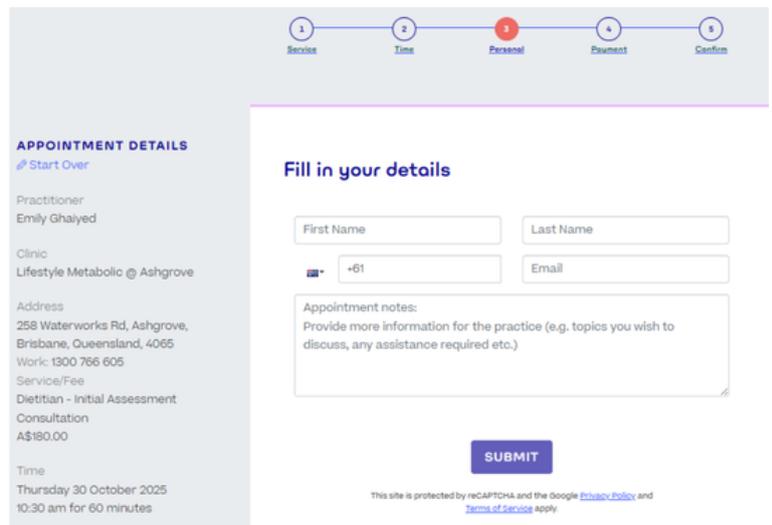
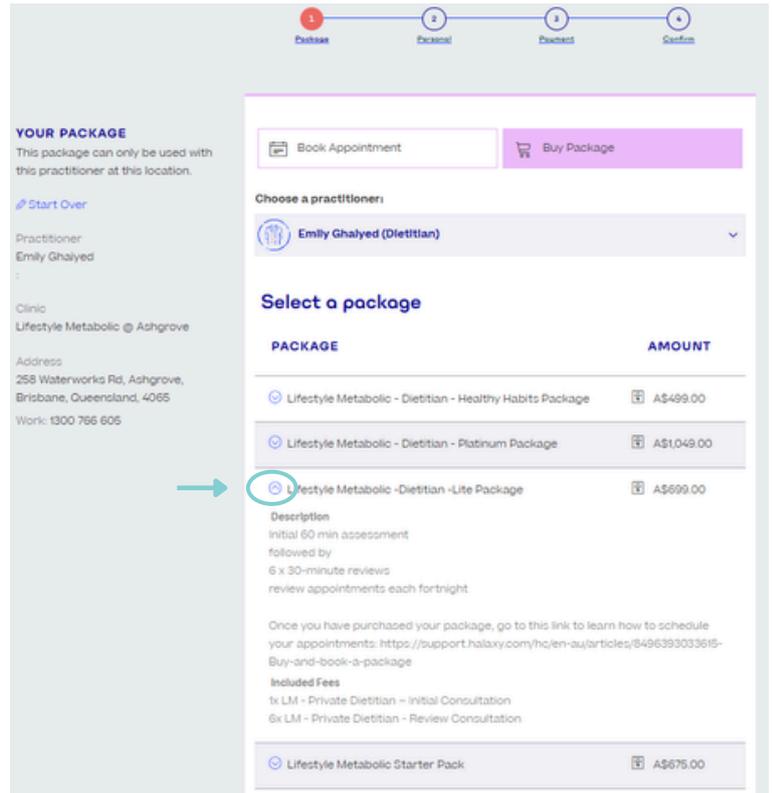


STEP 3 – CHOOSE YOUR PACKAGE

1. Select the **package type** from the list.
2. Click the **blue down arrow (v)** beside each option to view package details and inclusions.

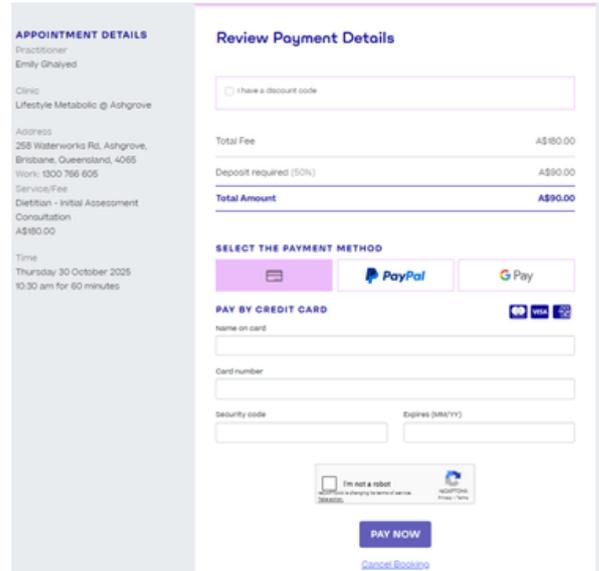
STEP 4 – ENTER DETAILS AND VERIFY

1. Enter your name, email address, and mobile number.
2. Add any **additional information** for your practitioner in the notes field (optional).
3. Tick the checkbox to agree to the Terms & Conditions if required.
4. Click **“Submit.”**
5. Halaxy will send a **verification code** to your phone.
 - Enter the code when prompted to confirm your booking.



STEP 5 – PAYMENT AND CONFIRMATION

1. Enter your **payment details**.
2. A **50% deposit** is required at the time of booking.
3. Click **“Pay Now.”**
4. Once processed, you’ll see a **confirmation message** confirming your package has been secured.



STEP 6 – BOOK YOUR PACKAGE APPOINTMENTS

Important: You have already purchased your package. From this point on, you are **booking appointments**, not buying another package.

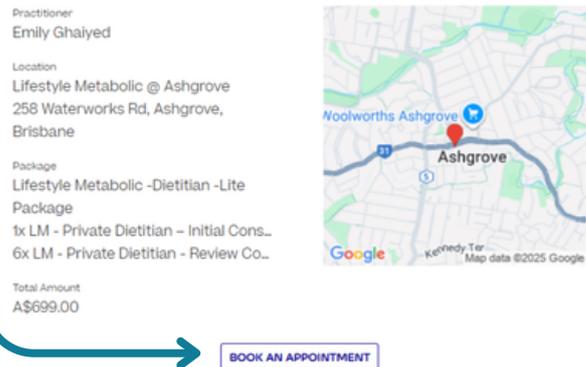


Thank you for your purchase!

Your package details will be sent to your email shortly.

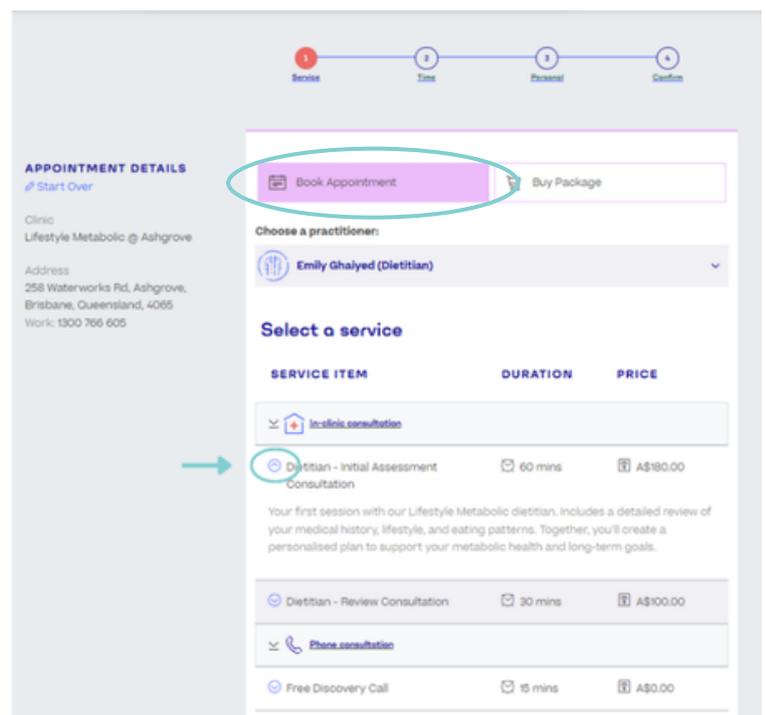
STEP 6A – SWITCH TO “BOOK APPOINTMENT”

1. After payment, click **“Book an Appointment.”**
2. On the next screen, make sure **“Book Appointment”** is selected, **not “Buy Package.”**



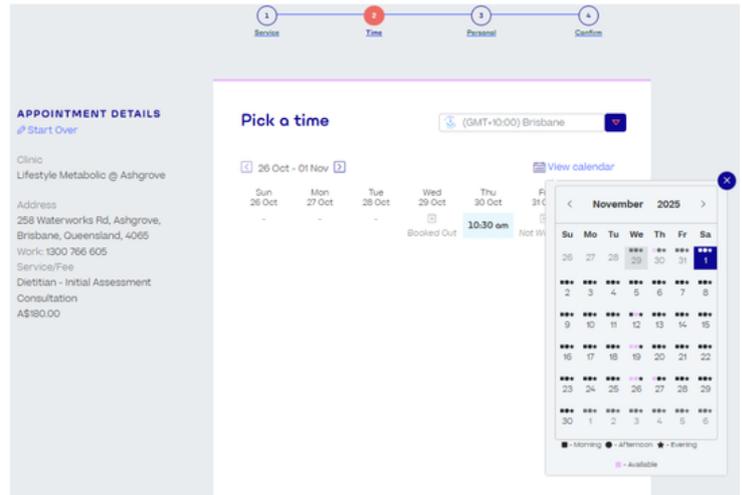
STEP 6B – SELECT YOUR PRACTITIONER & APPOINTMENT TYPE

1. Select your **practitioner**.
2. Choose the appointment type:
 - **Initial Consultation** (if you’re a new patient)
 - OR**
 - **Next / Review Consultation** (if you’re a current patient who has already had an initial appointment)



STEP 6C – CHOOSE YOUR DATE & TIME

1. Click “**View Calendar**” to see all available dates.
2. Dates highlighted in **pink** indicate availability.
3. Select your preferred **date and time**.

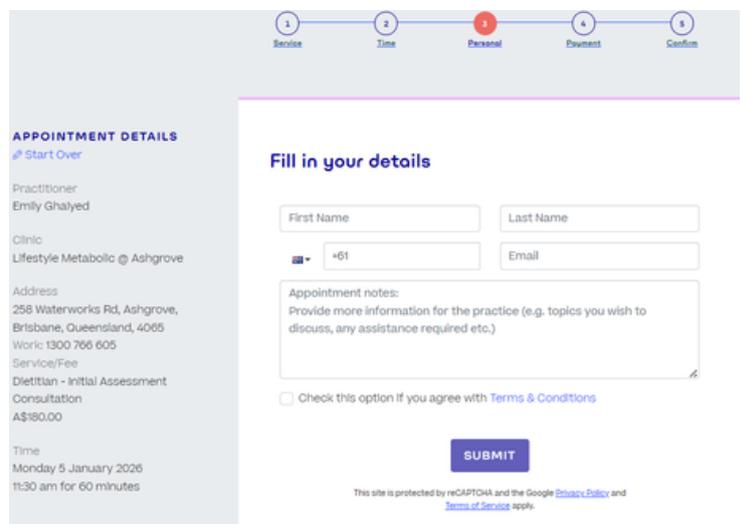


Tip

You do **not** have to choose *Next available*. Click **View calendar** to see all available dates and times, then select the option that works best for you.

STEP 6D – CONFIRM YOUR DETAILS

1. Re-enter your **details** when prompted. (*Your details must match what you used when purchasing the package.*)
2. Tick the checkbox to agree to the **Terms & Conditions**.
3. Click “**Submit**.”



Important check:

Your package is linked correctly **if no payment screen appears**.

If you are asked to pay again, the booking is **not attached to your package**. Please stop and try again.

4. Complete the **patient form** if prompted.



Your booking is confirmed

Appointment Date / Time
1:30 pm, Wednesday 28th January 2026
Time zone in Brisbane (GMT+10:00)

Duration
60 minutes

Location
258 Waterworks Rd, Ashgrove,
Brisbane, Queensland, 4065

[ADD TO CALENDAR](#)



Fee / Service
Dietitian - Initial Assessment Consultation - A\$0.00

[Cancel or reschedule appointment](#)

To maximise your session time, please complete the required Patient form for your appointment.

[COMPLETE THE PATIENT FORM](#)

[Go to homepage](#)

STEP 6E – WHAT HAPPENS AFTER YOUR FIRST APPOINTMENT IS BOOKED

What you see next depends on whether this is your **first-ever appointment** with Lifestyle Metabolic.

If this is your first appointment:

1. You will be prompted to **complete the patient form**.
2. Once the form is submitted, you will **need to return to the Lifestyle Metabolic website**.
3. Click **“Book Now”** again to continue booking your remaining package appointments.

This step is required so your details are saved before booking further appointments.

STEP 6F – BOOK YOUR REMAINING PACKAGE APPOINTMENTS

1. Return to the booking page and click **“Book an Appointment”** (not *“Buy Package”*).
2. Select your **practitioner**.
3. Choose **Next / Review Consultation** (do not select Initial Consultation again).
4. Select your preferred **date and time, Fill in your details again** (make sure they’re exactly the same each time) and click **Submit**.

Once this booking is confirmed, you will see a screen with a **“Make a new booking”** button.

5. Click **“Make a new booking”** to continue booking the rest of your package appointments.
6. Repeat this process until all appointments in your package are booked.

Need help?

If you have any trouble booking your package appointments, please contact reception:

📞 1300 766 605

✉️ reception@lifestylemetabolic.com.au