

# What Can a Nutrition Referral Do for Me?

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## Why is nutrition important?

By eating healthier you can help keep your blood pressure, cholesterol and blood sugar at a normal range, lowering your risk for heart disease, heart attack and stroke.

## How can a Registered Dietitian help me?

A dietitian can provide strategies and tips to improve your diet to help control health conditions such as:

- Prediabetes or Diabetes
- Poor kidney function (renal insufficiency)
- Unhealthy weight
- Heart failure
- High or low body mass index (BMI) meaning you need a healthy weight loss plan

A dietitian will create a personalized nutrition plan to help you:

- Improve blood sugar control
- Improve blood pressure control
- Lower your bad cholesterol
- Monitor your daily salt and fluids
- Lose or gain weight the healthy way

## Do I need a referral to see a dietitian?

Our staff will work with your insurance to see if a dietary visit is covered and if a prior authorization is required before your appointment.

## **Is a dietitian consult covered by insurance?**

Nutrition counseling by a dietitian is widely covered by many insurance plans. However, if your insurance does not provide coverage the cost is \$50.00 for a 70-minute consultation.

## **Who should I call if I am interested in a nutrition referral?**

Please call (888) 287-1082 to request a nutrition referral.

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