

# Heart Failure Nutrition: Virtual Group Classes

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Nutrition Services is offering virtual group nutrition classes for people with heart failure. Your care team recommends that you enroll in these virtual classes to help with your nutritional goals. A **virtual class** is a scheduled video visit with a Registered Dietitian Nutritionist. You can connect with them through the MyUofMHealth patient portal by following the instructions on this “Video Visits Basics” pdf:

<http://www.med.umich.edu/1libr/AmbulatoryCare/VideoVisitBasics.pdf>

## What classes should I take?

We **strongly recommend** registering for the following classes:

- **Salt Sense:** This class teaches you how to limit sodium to manage your heart failure and gives you alternatives to the “Salty 6” foods that provide the most sodium in the American diet.
- **Slash Your Blood Pressure with D.A.S.H.:** This class teaches you the Dietary Approaches to Stop Hypertension (D.A.S.H.). This diet can improve your health and lower your blood pressure. It will also teach you how to include D.A.S.H. into your daily routine.
- **Mediterranean Diet:** This class teaches you about the health benefits of the Mediterranean-Style Eating Pattern, including types of foods, meal planning tips, and recipes.

## Where can I find more information?

To review the full list of courses, visit the Nutrition Classes web page below:

<https://michmed.org/kvWpK>

## **Who can register for a class?**

Any patient (18 years of age or older) can register. No referral is necessary. Class size is limited to 8 participants, so sign up early.

## **How many classes can I sign up for?**

You may sign up for only 1 class per day. However, insurance allows you to take as many classes as you wish in a week, month, or year. You can retake classes as well.

## **How do I register for a class?**

- Register Tuesday-Friday between 8:30am- 4:00pm by calling the nutrition group visit scheduling line at **(734) 615-0444**.
- If you call after hours or on Mondays, please be prepared to leave a message with your name, phone number and the best time for a staff member to call you back.

## **What is the cost to attend?**

The cost to attend a class is fully covered by most insurance plans. For people whose insurance may not cover the charge, the out of pocket cost will be \$14-\$22 for each class.

- If you have insurance and receive a bill, it is most likely an error or related to a deductible issue. If this happens, call us and ask to be referred directly to a Nutrition Supervisor. They will walk you through which steps to take to determine if your insurance will cover the cost of your nutrition class.

## **How do I attend a class?**

You can attend virtual classes via the MyUofMHealth mobile app on a smartphone or tablet. You can also use a computer to access your MyUofMHealth account at [MyUofMHealth.org](http://MyUofMHealth.org).

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