



# NUTRITION SERVICES

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## OUR IN-HOUSE NUTRITION AND DIABETES EDUCATOR OFFERS:

### A DIETITIAN CAN HELP WITH:

- General nutrition appointments
  - Recipe ideas
  - Meal planning
  - Weight management
  - Heart healthy dieting
  - Food allergies
  - Gastrointestinal issues
  - Sports nutrition
  - Nutrition assessments
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- NO referral from physician needed
  - NO authorization/precertification required
  - YourChoice Health Plan pays up to 20 visits per calendar year (\$30 co-pay applies after the first 5 FREE visits)
- Nutrition Workshops (lunch and learns, cooking demos, presentations)
  - Diabetes Survival Skills Courses
  - Worksite nutrition assessments
  - 1-on-1 Diabetes Education Appointments
  - Diabetes medications review
  - Diabetes problem solving
  - Diabetes coping
  - Diabetes meal planning and carbohydrate counting
  - General nutrition resources (handouts, eBooks, podcast)
  - Help selecting an RD for your needs

Questions?

Contact Marcus Harris  
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