



REGISTERED DIETITIAN



A Registered Dietitian is an expert in the area of food and nutrition and can help with various nutritional needs.

- Cholesterol
- Triglycerides
- Gout
- High Blood Pressure
- Anemia
- Weight Loss/Weight Maintenance
- Weight Gain
- Sports Nutrition/Adequate Fueling
- Celiac Disease
- Pre-Diabetes
- Chronic Kidney Disease



A Registered Dietitian can help with:

- **Personalized nutrition advice and establish healthy eating habits**
- **Disease Management**
- **Food allergies, sensitivities, and intolerances**
- **Menu planning and recipe substitution tips**
- **Weight Management**

NO referral from physician needed

NO authorization/precertification required

YourChoice Health Plan pays up to 20 visits per calendar year (\$25 co-pay applies after the first 5 FREE visits)

Scan QR Code to view your Registered Dietitians and to schedule your appointment