

REGISTERED DIETITIAN SERVICES

Adult Manatee YourChoice Health Plan members receive their first 5 visits with a dietitian at no cost, and pay a co-pay for the next 15 (up to 20 total visits per year). Use these visits to get personalized assistance with:

- Reaching your wellness goals
- Managing diseases & conditions
- Nutrition advice & guidance
- Food allergies, sensitivities & intolerances
- Menu planning & recipe substitution tips
- And more!

In-Network Registered Dietitians

(first 5 visits are free of charge; \$25 co-pay after first 5 visits)



Natalia Garcia, RDN, LDN, IFNCP, CISSN, CHWC

📞 941-264-4644

✉️ natalia@fnwellness.com

YourChoice Fitness Center*

Also travels to your worksite



LuAnne Howard, MS, RD, CSSD, LDN, CDE

📞 941-747-9984

✉️ Hlphoward1@aol.com

2424 Manatee Ave. W. Suite 105
Bradenton, FL 34205



Marcus Harris, RDN, LDN

📞 813-466-2789

✉️ mharris@PremierDietetics.com

YourChoice Fitness Center*, OR
10009 Park Place Avenue
Riverview, FL 33578

Also travels to your worksite



Pamela Mathis, MEd, RDN, LD, CWC, CLT

📞 941-907-3757

✉️ Pam@NutritionCoachPam.com

3277 C Fruitville Rd., Suite 2
Sarasota, FL 34237



Paulette Weber, RDN, LDN, CLT

📞 941-448-9633

✉️ Paulette@enlightenedrd.com

Available via Telehealth

*YourChoice Fitness Center: 1012B Manatee Ave W, Bradenton, FL 34205

Client Testimonials

"Paulette is exceptional at what she does. For years, I struggled with stomach discomfort while eating a 'healthy diet' but could not figure out why. Paulette went right to work helping me figure out the cause! I am now armed with knowledge and feeling so much better! I am continuing to follow her advice and happy with where I am headed!"

"Natalia is a blessing. As a 55 year old with Diabetes I was ignorant to all of the facts surrounding food. Natalia made it very simple and fun for me, including taking me shopping so I knew how to read the labels, pick out the correct food products and prepare simple meals."

"Marcus' knowledge about nutrition and fitness are focused on what your goals and needs are. Marcus is all about sustainability and changing your life, which is why I am thankful to have him in my corner!"



Contact an RD directly to make an appointment. If you have questions about your benefits, or aren't sure which RD is best for you, contact Florey Miller at fmiller@manateeyourchoice.com or 941-748-4501 x6410 for assistance.