

Medical Nutrition Therapy Services

Medical Nutrition Therapy is covered by a variety of insurance plans. Under the Medicare Part B Program, you can receive nutrition services to help improve your health. Medicare Part B covers medical nutrition therapy for certain conditions including diabetes and kidney disease. You may be eligible for at least 3 hours of medical nutrition therapy services in the first year of care and 2 hours each additional year. Check with your insurance plan for specific medical nutrition therapy coverage details.

Health professionals agree that nutrition services are one of the first treatments that individuals should receive to improve conditions such as diabetes, heart disease and hypertension.

Together with the Registered Dietitian (RD), you will set nutrition goals to improve your health.

Medical nutrition therapy provided by a Registered Dietitian includes:

- a review of what you eat and your eating habits
- thorough review of your nutritional health, and
- a personalized nutrition treatment plan.

The first visit with the Registered Dietitian will take approximately one hour. After the first session, the RD will schedule follow-up appointments to check on your progress and see if changes are needed in your nutrition goals and treatment plan.

Ask your doctor if a referral for medical nutrition therapy provided by a Registered Dietitian is right for you. With a physician referral, you can make an appointment to see the RD at your local hospital outpatient department, physician clinic or an RD's practice near your home.

To find a registered dietitian in your area, visit www.eatright.org and click on "Find a Registered Dietitian" in the upper right.

Registered Dietitians are health care professionals who provide medical nutrition therapy and preventive nutrition counseling. RDs have:

- at least a bachelor's degree
- completed an accredited practice/training program in nutrition
- certification and a recognized credential
- ongoing education