



Riverview
HEALTH

What is nutritional counseling and who can benefit?

The nutritional counseling program at Riverview Health provides the guidance of a registered dietitian (RD) to help you meet a variety of nutritional needs. A dietitian provides one-on-one instruction and counseling about lifestyle changes associated with food. Nutritional education is available to any age group for all areas of specialized diet and nutritional needs, including:

- » **Cardiovascular disorders** (congestive heart failure, high cholesterol, high blood pressure)
- » **Digestive health** (celiac disease, gluten intolerance, irritable bowel disease)
- » **Endocrine disorders** (pre-diabetes, type 1 and type 2 diabetes, metabolic syndrome)
- » **Life cycle** (pre- or post-natal care and failure to thrive)
- » **Oncology** (unintentional weight loss, failure to thrive, prevention, survivorship)
- » **Pediatrics** (growth issues, feeding issues, obesity, food allergies, intolerances)
- » **Weight management** (overweight or obesity and unintentional weight loss or gain)
- » **Wellness** (athletic performance, sports nutrition, healthy lifestyle, adult food allergies and intolerances)
- » **Wound care** (wound care nutrition)

How does the program work?

The outpatient nutritional counseling program at Riverview Health is a self-pay program and does not bill insurance plans. Participants are required to pay for the session(s) upfront and can complete as many sessions with a RD as frequently as needed or desired by the participant.

What is the price?

Each participant is required to complete an initial visit with the RD and then he or she can participate in follow-up visits.

- » **Option 1:** Initial session (60 minutes) – \$60
- » **Option 2:** Follow-up session (30 minutes) – \$30
- » **Option 3:** Initial session (60 minutes), 2 follow-up sessions (30 minutes each) – \$110

How do I schedule an appointment?

Appointments are available during mornings, afternoons, evenings and weekends based on a participant's need.

To register, visit riverview.org/classes.

Other important notes:

We ask for a 24-hour cancellation/rescheduling notice. This notice is mentioned out of respect to our staff and other clients. Cancellations within less than 24 hours can be difficult to fill, or providing no notice at all can prevent someone else from being able to schedule during your time slot. **Please call 317.565.0254 to cancel your appointment or to reschedule.**

If you pay and have a balance on file at the end of the month with no future scheduled nutritional counseling sessions, you will be reimbursed your full balance within the first two weeks of the following month.

Contact us

For more information, please email wellness@riverview.org and include your name and phone number.