

Medicare Medical Nutrition Therapy Services

As part of the **Medicare Health Support Program**, you can receive nutrition services to help improve your health. Medicare Part B covers medical nutrition therapy for certain diseases including diabetes. A co-pay may apply, or other insurance could be used to cover the cost of the nutrition services. You may be eligible for at least 3 hours of medical nutrition therapy services in the first year of care and 2 hours other years.

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

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
- personalized nutrition treatment plan.

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

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

Ask your doctor is a referral for medical nutrition therapy provided by a Registered Dietitian can improve your health. With a physician referral, you can make an appointment to see the dietitian at your local hospital out-patient clinic, physician clinic or the dietitian's practice near your home.

To find a registered dietitian in your area, call 800/366-1655

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

