LiVe Well

Nutrition Counseling

Nutrition counseling with a registered dietitian can help you improve your health and feel better — whether you're already fairly healthy, or you have complex medical conditions.

In nutrition counseling (also called Medical Nutrition Therapy, or MNT) you'll learn how to improve your diet in order to lead a healthy life or to achieve specific health goals. It includes:

- One-on-one counseling with a registered dietitian. A registered dietitian is a nutrition expert with a university degree and clinical training in how diet can treat different health conditions.
- A personalized eating plan and support.

Nutrition counseling is especially helpful for diet-related conditions, such as:

- Cancer
- Celiac disease
- Diabetes or pre-diabetes
- Eating disorders
- Food allergies
- Gastrointestinal disorders
- Heart disease
- High blood pressure
- High cholesterol
- Weight management problems

Cost:

- SelectHealth members can have 5 visits a year for diet-related issues, such as those listed above. There's no co-pay and nothing out-of-pocket.
- Other insurance providers may cover nutrition counseling. Call your provider to confirm.

Nutrition counseling is offered at these locations

To make an appointment with a registered dietitian, call the facility nearest you.

Alta View Hospital	801-507-3253
American Fork Hospital	801-855-3461
Bear River Valley Hospital	435-716-5310
Budge Clinic	435-792-1707
Cassia Regional Medical Center	208-677-6288
Delta Community Medical Center	435-864-5591
Fillmore Community Medical Center	435-743-5591
Garfield Hospital	435-676-1258
Heber Valley Medical Center	435-657-4311
Intermountain Medical Center	801-507-3253
LDS Hospital	801-507-3253
LiVe Well Center Park City	435-333-3535
LiVe Well Center Salt Lake City	385-282-2700
LiVe Well Center St. George	435-251-3793
Logan Regional Medical Center	435-716-5310
McKay-Dee Hospital Center	801-387-7520
McKay-Dee Endocrine and Diabetes Clinic	801-387-7900
Primary Children's Medical Center	801-662-1601
Riverton Hospital	801-507-3253
Sanpete Valley Hospital	435-462-4620
Sevier Valley Hospital	435-893-0569
TOSH -The Orthopedic Specialty Hospital	801-314-4038
Utah Valley Regional Medical Center	801-357-8143
Valley View Medical Center	435-868-5335

www.intermountainhealthcare.org/nutrition

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