

## Nutrition Counseling

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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 to help you 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 an advanced degree in a dietetics program 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.
- Many other insurance providers cover nutrition counseling. Call to your provider to confirm.

## Nutrition counseling is offered at these locations

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Alta View Hospital	801-507-3253
American Fork Hospital	801-855-3461
Bear River Valley Hospital	435-716-5669
Budge Clinic	435-716-1710
Cassia Regional Hospital	208-677-6035
Cedar City Hospital	435-251-3793
Delta Community Hospital	435-864-5591
Fillmore Community Hospital	435-893-0640
Garfield Memorial Hospital	435-251-3793
Heber Valley Hospital	435-657-4311
Hurricane Valley Clinic	435-635-6400
Intermountain Medical Center	801-507-3253
Layton Hospital	801-543-6089
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 Hospital	435-716-5669
McKay-Dee Hospital	801-387-6677
North Cache Valley Clinic	435-563-4900
Primary Children's Hospital	801-662-1601
Primary Children's Hospital Riverton	801-285-1700
Riverton Hospital	801-507-3253
Sanpete Valley Hospital	435-462-4631
Sevier Valley Hospital	435-893-0569
St. George Regional Hospital	435-251-3793
Syracuse Clinic	801-525-2400
TOSH	801-314-4038
Utah Valley Hospital	801-357-8143
Virtual Primary Care Clinic	801-507-3253



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