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.
- Many other insurance providers cover nutrition counseling. Call to 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  435-658-7119
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
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
Sunset Clinic  435-634-6010
Utah Valley Regional Medical Center  801-357-8143
Valley View Medical Center  435-868-5335

www.intermountainhealthcare.org/nutrition