



Nutrition Care Services

How nutrition and lifestyle counseling can help.

Making sense of food and nutrition information is often difficult in our modern day environment. Dietary advice can also be confusing and ineffective if it is not evaluated against the best available scientific evidence and your individual needs. Our Dietitians/Nutritionists will work with you to assess your nutritional requirements, we will analyze dietary and lifestyle factors specific to you, and formulate a customized plan to meet your needs as well as your personal health and weight goals. Nutrition intervention when matched to your lifestyle, culture and metabolic requirements will help to improve your energy levels, sense of wellbeing as well as your quality of life in the short and long term.

Nutrition Care Services: What Can I Expect?

Visit Types

The Nutrition Care Process at Anne Till Consulting LLC includes **three key counseling sessions** as well as **ongoing follow-up sessions** to provide needed support and monitoring to help you achieve and maintain your health goals. An explanation of the different visit types is discussed further in this document.

Your First Visit with the Dietitian/Nutritionist

This session includes a comprehensive nutritional assessment and an individualized education and counseling session.

The **duration of this appointment is 90 to 120 minutes**, this is time well spent allowing the Dietitian/Nutritionist to assess and identify your individual requirements.

What you need to bring to your first appointment: If you are taking any nutritional supplements or medications, bring these with you or report them in the online pre-assessment form. If you have any specific questions about nutrition related to your condition, write these down and bring them with you too. Bring a three day record of all the food and beverages you have consumed in the three days prior to you visit. A 3 day diet record is available on our website

What to expect at your First Consultation

- ✓ The Dietitian/Nutritionist will complete anthropometric assessments, which refers to body measurements, specifically your Height, Weight, Body Mass Index (BMI). Body composition assessments and other measurements are completed at later appointments
- ✓ The dietitian will review your medical and family disease history.
- ✓ If you are taking any supplements the Dietitian/Nutritionist will review these and evaluate them against your personal health goals.
- ✓ This assessment will look at particular lifestyle habits that may be impacting on your health and/or disease risk
- ✓ A complete nutritional assessment will be completed at this appointment. The Dietitian/Nutritionist will use this information to analyze your current food intake and to generate a comprehensive

report of your average nutrient intake compared to your specific needs. This report will be discussed with you at your second visit.

- ✓ Educational processes are customized to your needs, and educational materials will be provided and discussed with you according your health goals
- ✓ Our nutrition education process is unique and will help you to make sense of dietary choices through gaining a better understanding of food classification systems, food functions and the interactions of food choices with metabolism and specific disease processes.
- ✓ The Dietitian/Nutritionist will also work with you at this consultation to set short and long term goals.

Your Second Visit with the Dietitian/Nutritionist

This session includes an explanation of your nutritional analysis report, review of your individualized meal plan and a discussion of menu planning.

The **duration of this appointment is 45- 60 minutes.**

What to expect at your Second Consultation

- ✓ The Dietitian/ Nutritionist will complete routine anthropometric measurements.
- ✓ The Dietitian/ Nutritionist will review your comprehensive nutritional analysis report with you at this consultation, and highlight dietary behaviors that adversely affect health. She will also highlight those behaviors that are considered healthy and should be sustained in order to help you achieve and maintain your goals.
- ✓ The Dietitian/Nutritionist will discuss and review your customized meal plan.
- ✓ She will demonstrate how menu plans can be easily developed from the prescribed meal plan and exchange system.
- ✓ This consultation will provide further opportunity for you to ask any questions you may need answers to - regarding your meal plan, health or a chronic condition.

Your Third Visit with the Dietitian/Nutritionist

At your third appointment the Dietitian/Nutritionist will assess the implementation of your customized meal plan, and will identify adjustments that need to be made if necessary. She will help you to find solutions to any problems you may have encountered with regard to the application of recommended nutrition and lifestyle guidelines.

The **duration of this appointment is 30 to 60 minutes.**

What to expect at your Third Consultation

- ✓ The Dietitian/ Nutritionist will complete routine anthropometric measurements.
- ✓ If you are tracking your food intake and activity levels on paper or by using an App, the Dietitian/Nutritionist will review this information together with you at this appointment.
- ✓ She will discuss and review any goals set with you at your previous visit.
- ✓ She will help you find solutions to any problems you may have encountered with the implementation of the prescribed meal plan and the application of recommended dietary guidelines.
- ✓ If additional educational materials are needed these will be provided and explained to you at this appointment.

Subsequent Appointments: Monitoring and Support

The **duration of these appointments is typically 30 - 60 minutes.**

What to expect at Follow –Up Consultations

Research shows that on-going monitoring and support provided by a trained professional such as a Dietitian/Nutritionist ensures the best possible outcomes when it comes to changing dietary and lifestyle behaviors. A collaborative relationship between the provider and the patient allows for continuous problem solving, re-evaluation of goals, assessment of progress, and the provision of ongoing motivation and support. All of these elements are necessary to ensure continued engagement and in the long-term sustained success. At Anne Till Consulting LLC we are committed to your success, and want you to achieve and maintain your specific health and weight management goals. To this end it is important that you attend regular appointments with your Dietitian/Nutritionist. The Dietitian/Nutritionist will discuss the frequency of follow-up visits with you and what options will work best for you to achieve your health goals. She will tailor your program to your specific needs and will endeavor to match your program to your insurance plan benefits as far as she is able to.

Medical Nutrition Therapy

Anne Till Consulting provides Evidenced Based Medical Nutrition Therapy (MNT) for Chronic Conditions

Medical Nutrition Therapy (MNT), is the application of evidence based nutritional practice guidelines to chronic conditions, to help better manage these conditions, improve control over disease processes, and reduce the risk of complications. Chronic conditions that benefit from MNT include: Pre-diabetes, Diabetes, Pre-hypertension, Hypertension, Hyperlipidemia and Heart Disease, Overweight and Obesity as well as a number of other conditions. Some of the main themes of nutritional counseling related to prominent chronic conditions are summarized in this document.

Nutrition Care for Diabetes and Pre-diabetes

Learn how to balance nutrition, activity and medications in order to manage blood glucose levels effectively. Improved blood glucose control reduces the risks of complications and promotes quality and longevity of life.

Important Concepts addressed by the Dietitian/Nutritionist

- Nutrient Density and Diet Quality
- Distribution of meals and snacks
- Glycemic Index and Glycemic Load
- Carbohydrate counting
- Successful Weight Management and implications for Carbohydrate Metabolism
- Interpreting Blood Glucose Readings and Food Records
- Managing and preventing Hypoglycemia and Hyperglycemia
- Preventing Complications
- Managing Complications of Diabetes

Nutrition Care for Hypertension

Learn about dietary factors that can help to lower blood pressure and reduce your risk for cardiovascular disease.

Important Concepts addressed by the Dietitian/Nutritionist

- The DASH eating plan
- Nutrient Density and Diet Quality

Successful Weight Management and the effect of weight loss on Blood Pressure

Learn more about nutrients and dietary components that affect blood pressure including: unsaturated fats, potassium, calcium, magnesium, sodium, fiber and protein.

Lifestyle behaviors that affect blood pressure, including the role of physical activity.

Nutrition Care for Hyperlipidemia and High Cholesterol

Find out more about nutrients and lifestyle factors that affect blood lipid levels, learn how to adjust components of your diet and lifestyle to lower elevated blood lipids and in so doing lower your risk for coronary heart disease.

Important Concepts addressed by the Dietitian/Nutritionist

Nutrient Density and Diet Quality

Successful Weight Management and implications for Heart Health and Blood Lipid Levels.

Learn more about nutrients and dietary components that affect blood lipid levels including; saturated fat and unsaturated fat, omega-3 and omega-6 fatty acids, simple sugars and carbohydrate, fiber, phytonutrients, and types and amounts of protein rich foods.

Lifestyle behaviors that affect blood lipids, including the role of physical activity, smoking and alcohol consumption.

Nutrition Care for Weight Management

Managing weight successfully in the long term can seem challenging – yet it need not be so. Weight loss and maintenance is readily achieved when you acquire the necessary skills and knowledge needed to be successful. Ongoing monitoring and support provided by our Dietitian/Nutritionist will help you to achieve your weight management goals.

Important Concepts addressed by the Dietitian/Nutritionist

Nutrient Density and Diet Quality

Metabolic Rate and Metabolism

Calorie Balance Equation

Components of food that can promote or inhibit weight loss and successful weight management.

Timing and spacing of meals.

Snacking, Shopping, Cooking Tips and Eating Out

Learn more about nutrients and dietary components that affect body weight including; types and amounts of fat, simple sugars and carbohydrate, fiber, types and amounts of protein rich foods, fluid intake.

Lifestyle behaviors that affect body weight, including the role of physical activity, and alcohol consumption.

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How much will this cost?

Most health insurers will cover medical nutrition therapy (MNT) services provided by a licensed dietitian. The Affordable Care Act has also significantly increased benefits available for preventive services including nutritional counseling. In some cases you may be eligible for unlimited benefits with no co-pay or deductible, while other plans may limit the number of visits you can have with the Dietitian/Nutritionist on an annual basis. It is important to find out what benefits are available to you.

At Anne Till Consulting LLC our Dietitian/Nutritionists currently provides in-network services to members of Blue Cross and Blue Shield (BCBS), United Health Care, Cigna, Aetna, and Medcost. We also offer these services at a market related rate to you if you need to pay for nutritional counseling as an out of pocket expense.

If you contact our office we will verify your insurance benefits for you. Knowing your benefits can help

you address your nutritional counseling needs at an affordable cost.

Out of Pocket Payments

Initial Consultation (90-120 minutes)	\$260.00
Second Consultation (90 minutes)	\$155.00
Follow up Sessions (60 minutes)	\$100.00