



Outpatient Nutrition and Diabetes Education Services

Offering information and support to help you meet your health and nutrition goals. Our dietitians and diabetes specialists provide counseling for people of all ages.

We can help with:

- Diabetes management – one-on-one or group classes
- Nutrition therapy for disease management
- Food allergies, intolerances, and specialized diets
- Weight management
- Disordered eating (weight cycling, restrictive eating, chronic dieting, emotional eating)
- Eating disorders
- Sports nutrition
- Pediatrics (children's health)
- Women's health
- Malnutrition
- Diabetes Prevention Program
- Cooking and gardening classes
- Access to nutritious food through our food pantry

Insurance coverage & scheduling:

- A provider referral is required before scheduling.*
- These services may be covered by health insurance. Our team will check benefits and share potential costs before your first appointment.
- Virtual and in-person appointments available in Oregon and Southwest Washington.

Contact us

Call 855-360-5456 or visit <https://www.providence.org/locations/or/diabetes-and-health-education-services> for more information today. We look forward to working with you on your health journey.

* **Internal PSJH providers:** Epic referral REF20H to OR REG Nutrition and Diabetes Education for all nutrition, diabetes, and diabetes prevention related services. **External providers:** Fax signed referral form to 503-215-6240.