



NUTRITION & DIABETES EDUCATION DEPARTMENT AT PROVIDENCE SAINT JOHN'S HEALTH CENTER

PERSONALIZED OUTPATIENT NUTRITION AND DIABETES CARE

Providence Saint John's Health Center Outpatient Nutrition and Diabetes Education Department provides one-on-one counseling by experienced Registered Dietitians/Certified Diabetes Educators who are accredited by the Academy of Nutrition and Dietetics and the National Certification Board of Diabetes Educators, which ensures they are able to provide up-to-date, qualified Medical Nutrition Therapy (MNT) and diabetes education.

OUTPATIENT SERVICES

- Medical Nutrition Therapy (MNT) for a variety of conditions
- Diabetes education
 - Nutrition and meal planning
 - Carbohydrate counting
 - Glucometer training
 - Lifestyle management
 - On-site insulin pump training center
- Bilingual educators available for Spanish and Russian-speaking patients

REFERRALS

Insurance providers require a written referral. A doctor must fill out Providence Saint John's Health Center's Nutrition and Diabetes Education Department's Referral Form before a patient can be seen. Forms can be given to the nutritionist at the time of the appointment or faxed to (310) 315-6131.

COST

Private insurance and physician groups often cover a variety of diagnoses for MNT. Contracts are with Providence Saint John's Health Center. Medicare covers diabetes and renal disease and will expand coverage to other medical conditions in the near future. As a courtesy, we offer private discounts for those not covered by insurance.

INDIVIDUAL CONSULTATION

- Counseling focused on the individual needs and goals of the patient
- Personalized education and nutrition plans for:
 - Cancer nutrition counseling during treatment and as health maintenance for patients and survivors
 - Diabetes Mellitus Type I and II, Gestational Diabetes, Insulin Resistance, Pre-Diabetes
 - Food allergies and sensitivities
 - Gastrointestinal disorders
 - Heart disease: Coronary Heart Disease, Congestive Heart Failure, Hypertension, High Cholesterol, Metabolic Syndrome
 - Immune system disorders
 - Kidney and liver dysfunction
 - Malnutrition
 - Migraine headaches
 - Vegetarian diets
 - Weight management
 - Wellness and fitness



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Saint John's
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NUTRITION AND DIABETES EDUCATION CONSULTATION ORDER

Medicare and most insurance carriers require a written order for Nutrition Consults and Medical Nutrition Therapy. Please fill out the information below and return to Providence Saint John's Health

“ The close relationship between research and clinical care, combined with the multi-disciplinary expertise of our specialists, produces the best science, the best medicine, and the greatest hope for our patients. ”

Date: _____ Physician's FAX #: _____

Referring Physician: _____

Patient's Name: _____

Patient's Phone Number(s): _____

Description of Service: **Medical Nutrition Therapy (MNT)**


Diagnosis/Codes:


Physician's Signature: _____

Address Stamp:


PLEASE FAX TO:
PSJHC OUTPATIENT NUTRITION AND DIABETES EDUCATION
(310) 315-6131

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 For more information, please contact Dalia Dvoretzky, RD,CDE, Coordinator,
Nutrition and Diabetes Education at (310) 829-8077

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