



# Outpatient Nutrition and Diabetes Education Services

Outpatient Nutrition and Diabetes Education Services offers the information and support to live well. Our staff of Registered Dietitians and Certified Diabetes Care & Education Specialists are experienced in nutrition and diabetes counseling for people of all ages.

## We can help with:

- Diabetes management – individual or group classes
- Nutrition therapy for disease management
- Food allergies, intolerances, and specialized diets
- Sports nutrition
- Eating disorders
- Pediatrics
- Malnutrition
- Diabetes Prevention Program
- Eating in a way that aligns with goals and nutritional needs
- Access to healthy food through our Community Teaching Kitchen
- Cook healthy meals with virtual culinary nutrition and diabetes classes

## Insurance coverage & scheduling

- A provider referral is required before scheduling\*
- Nutrition and diabetes education services may be covered by health insurance. Our insurance verification team will check benefits and share any potential costs before scheduled appointments.
- Appointments are offered at locations around Portland Metro, Hood River, Newberg, and Medford areas both in-person and virtually.

## 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 together along 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.*