

## Improve your health by healthy eating

Some of the most serious health conditions – obesity, diabetes, hypertension, and heart disease – can be prevented or managed through simple lifestyle changes and healthier habits. If you would like to improve your health by

eating better, the dietitian at Sturgis Hospital is here to help.



Our outpatient medical nutrition therapy program is designed for people living with diabetes or cancer, patients recovering from a heart attack, expectant mothers, and individuals who would like to lose weight, lower their cholesterol and blood pressure or simply feel better.



Nutrition Therapy is located in the basement of the hospital. Please arrive 15 minutes prior to your scheduled appointment time and check-in with registration. Appointments can be made through Central Scheduling (269) 659-6705.



### About Sarah Clark, MS, RD

Sarah is a nutrition and dietetics professional with Master of Science from Central Michigan University.

As a member of the American Dietetic Association, she keeps up to date with the latest nutrition research and continuing education to enhance her knowledge and skills.

Contact Sarah at (269) 659-4433



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STURGIS HOSPITAL

## Medical Nutrition Therapy



**Personalized strategies  
for healthful living**

# WHAT YOU NEED TO KNOW...

## Expert Nutrition Counseling

Your first visit with our Registered Dietitian will include review of your medical and nutrition history, current eating habits, and personalized wellness goals. Development of a personalized nutrition plan that is right for you is the key to your success. Our goal is to help you make gradual, long-term changes in your eating habits and lifestyle, providing encouraging support and advice along the way.

You'll learn how to read food labels, modify recipes, and make smarter choices when meal planning, grocery shopping, and eating out. You'll find answers to your questions about fad diets and weight-loss myths. You'll understand the importance of physical activity, portion control, and balanced meals in meeting and maintaining your health-improvement goals.

## Comprehensive Outpatient Services

Whatever your motivation – losing weight, increasing energy, preventing disease or complications from a current medical condition – the Medical Nutrition Therapy program at Sturgis Hospital provides some of the area's most comprehensive dietetic counseling

for women, men, teens, children and older adults.

- Diabetes
- Diabetes Education Program
- Elevated Cholesterol and Triglycerides
- Hypertension (high blood pressure)
- Gestational Diabetes
- Digestive Disorders
- Celiac Disease
- Pregnancy
- Obesity
- Food Allergies
- Weight loss management
- Kidney Disease, non-dialysis
- Unexpected weight loss
- Failure to Thrive



## Preparing for Your Visit

Please bring the following items to your nutrition therapy appointment:

- ✓ Physician referral, including prescribed diet order
- ✓ An indication of the medical condition requiring nutrition therapy
- ✓ List of medications and nutrition supplements you currently take
- ✓ Any pertinent lab results
- ✓ Medical insurance information
- ✓ Any food diary and/or blood sugar records you have been keeping

## Medicare Part B Beneficiaries

- Our outpatient dietitian is a registered Medicare provider
- Medicare Part B beneficiaries with a diagnosis of diabetes or non-dialysis kidney disease are eligible for medical nutrition therapy
- Medicare Part B reimburses three hours of nutrition therapy for the first year and two hours each year thereafter
- A referral from your primary care physician, including the appropriate diagnosis, is required to participate in the nutrition therapy program
- We must receive appropriate lab work from your doctor before your visit

## Insurance and Referrals

A physician referral is needed for outpatient medical nutrition therapy at Sturgis Hospital. Some insurance carriers may provide reimbursement for program fees, but some participants may be required to cover the cost themselves. Fees paid in full at the time of service are eligible for a discount. Before scheduling a consultation, please check with your insurance company to confirm the extent of your coverage.