

Contact Us

Discover the measurable difference that a Registered Dietitian can make. Join those who have experienced:

- attainment of their weight loss goals
- control of blood sugars
- lowering of Hemaglobin A1C levels
- reducing blood pressure
- reducing cholesterol levels

For appointment, call
660-890-7084



Mission

To provide quality health and wellness services.

Vision

To make a positive difference in the health and wellness of each life we touch.

Values

Quality
Compassion
Professionalism
Excellence
Accountability



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Golden Valley Memorial Healthcare
1600 N. 2nd Street
Clinton, MO 64735
660-890-7084

www.gvmh.org

Education - Goal Setting

Medical Nutrition Therapy



Meal Planning - Menu

We Can Make a Difference

Medical Nutrition Therapy, previously known as Nutrition Counseling Services, is designed to assist you with the management of your dietary needs and with making intelligent decisions regarding food and lifestyle choices which impact your health.

What We Provide

- Recommendations based on current scientific evidence, medical expertise and established professional protocol.
- Diet education with emphasis on practical tips and application.
- Individualized meal plan.
- Sample menu and snack ideas.
- Goal setting opportunities.
- Continued support based on your needs and progress.

How To Get Started

- **A physician referral** is required. Your physician's office will schedule your appointment.
- **The initial visit** usually involves at least one hour during which a medical and diet history will be obtained. Your nutritional requirements and needs will be determined. A meal plan will be developed as well as instruction on implementation of your plan. Follow-up sessions are approximately 30 minutes and are scheduled as needed.
- **Costs**-Medical Nutrition Therapy costs are covered by most insurances. Please check with your insurance provider, for authorization prior to your first visit . Medicare coverage has been established for those with diabetes and renal failure.

Your visits may be covered under your employer's cafeteria plan. Visits may also be tax deductible. Financial assistance may be available for those who qualify.



Preparing For Your First Visit

To prepare for your first visit, please bring:

- a list of your current medications
- a copy of current lab result reports, if available
- a list of any vitamins, minerals or herbal products being used
- list of any food allergies



Plan For Success

- Actively participate in your care.
- Complete weekly food records.
- Set personal goals.
- Incorporate exercise.
- Keep follow-up appointments.