



Medical Nutrition Therapy

Reduce your Health Risks

CHS has Registered Dietitians/Nutritionists (RDN) available for outpatient visits to help you reduce your health risks.

Health professionals agree that nutrition education is one of the first treatments that individuals should receive to prevent or improve conditions such as diabetes, heart disease and hypertension.

Teammates and family members who are enrolled in the CHS LiveWELL Health Plan (Medcost medical plan) may receive free visits with an RDN. Appointments are available to participants who have an appropriate physician's referral for Medical Nutrition Therapy (MNT). MNT is only available at select CHS locations (see page 2).

How to get a referral for MNT:

- Contact the Dietitians' office of your choice (see page 2) for guidance in securing the referral; or
- Talk to your physician about a referral; or
- Complete a Know Your Numbers visit at a CHS On-Site Care location. Consider a follow-up appointment to review your results, the provider will be able refer you for MNT if this is appropriate and you are interested

Up to six visits may be covered (no charge) in a benefit year to provide appropriate guidance and education for diet-related conditions or risk factors, including but not limited to:

- Pre-Diabetes
- Diabetes
- Obesity
- High Cholesterol
- High Blood Pressure
- Renal or Kidney

Medical Nutrition Therapy provided by an RDN includes:

- Review of what you eat and your eating habits
- Thorough review of your nutritional health
- Personalized nutrition treatment plan

The first visit with the RDN typically lasts one hour. After the first session, the RDN will schedule follow-up appointments to check on your progress and see if changes are needed in your nutrition goals and treatment plan.

CHS LiveWELL Incentives may be included!

- **LiveWELL Health Coaching reward \$100.** Counseling with a registered dietitian can be an alternate way to achieve the LiveWELL Health Coaching reward. Your RDN will sign a Health Coaching Alternative form for you to send to LiveWELL.
- **Healthy Weight Reward \$300.** Your RDN can complete the measurements for your CHS LiveWELL Healthy Weight Reward **and provide guidance for successful weight loss.**

**Note that not all Nutrition and Diabetes services are covered at 100%.
Please confirm coverage with your caregiver and MedCost prior to service.**

Carolinas HealthCare System Diabetes & Outpatient Nutrition Centers

Albemarle Disease Management @ **Carolinas HealthCare System Stanly**
301 Yadkin Street
Albemarle NC 28002
Phone 704-984-4189 Fax 704-983-5162

Charlotte **Carolinas HealthCare System Pineville** - Outpatient Nutrition
10628 Park Road, Charlotte, NC 28210
Phone: 704-667-7856, Fax: 704-667-0478

Carolinas HealthCare System University - Outpatient Nutrition
101 E. WT Harris Blvd. Charlotte, NC 28262
Phone: 704-863-5713, Fax: 704-863-6321

Concord The Diabetes and Nutrition Center
@ **Carolinas HealthCare System NorthEast**
130 Lake Concord Road, Concord, NC 28025
Phone 704-403-3543 Fax 704-403-3572

Lincolnton **Carolinas HealthCare System Lincoln** -The Diabetes Center
CHS Lincoln Medical Plaza 1,
441 McAlister Road Lincolnton, NC 28092
Phone 980-212-6046 | FAX 980-212-6038

Carolinas HealthCare System Lincoln - Outpatient
Nutrition 433 McAlister Rd Lincolnton, NC 28092 Phone:
980-212-6034 Fax: 980-212-6036

Monroe The Diabetes and Nutrition Center
at **Carolinas HealthCare System Union**
600 Hospital Drive, Monroe, NC 28111
Phone 980-993-2880 Fax 980-993-2881 (or 980-993-5752 alternate Fax #)

Carolinas HealthCare System Union - Outpatient Nutrition
600 Hospital Drive Monroe, NC 28112
Phone: 980-993-2945 Fax: 980-993-4188

Shelby **Carolinas HealthCare System Cleveland** - Outpatient
Nutrition 201 E Grover Street Shelby, NC 28150
Phone: 980-487-3953 Fax: 980-487-3641

Wadesboro **Carolinas HealthCare System Anson** - Outpatient Nutrition
2301 U.S. Highway 74 W Wadesboro, NC 28170
Phone: 704-994-4810 Fax: 704-994-4901