

Preventative Nutrition Services offered by SelectHealth and Intermountain Healthcare

We are pleased to inform you of two nutrition services covered by SelectHealth Insurance that are provided by Registered Dietitian Nutritionists at Dixie Regional Medical Center.

Medical Nutrition Therapy

One on one customized nutrition counseling with a registered dietitian nutritionist.

Let us help you develop strategies that are individualized to fit your lifestyle to assist you with making healthy food choices to manage your nutrition related medical issues.

Strategies may include: meal planning, ideas for eating out, grocery store tips, eating on the run, healthy cooking and more...

- Five **FREE** visits per year for most diagnosis

Weigh to Health Program

Evidence-based lifestyle and weight management program that incorporates nutrition, behavior change and exercise.

100% coverage by SelectHealth insurance if the following criteria are met:

- BMI equal to or >30
- BMI <30 with physician diagnosed health condition (diabetes, hypertension, coronary artery disease, celiac disease, pre-diabetes, sleep apnea, Crohns disease, reflux, congestive heart failure)
- Program completion within 6-months of orientation.

If participant doesn't meet criteria:

- 40% cash discount if paid at time of registration: \$295.00
- If program not completed, participant will be balanced billed based on number of classes attended: class fee \$491.67

Program includes:

- **FREE** pre and post bod pod at the DRMC LiVe Well Center
- **FREE** downloadable Weigh to Health cookbook
- **FREE** exercise resistance band
- Invitation to private Weigh to Health Facebook community
- Two, one on one counseling sessions with a Registered Dietitian Nutritionist with individualized goal setting
- Nine group classes (two mandatory, with seven of your choice – topics include, Stress Management, Menu Planning, Grocery Store Tour, Healthy Cooking Tips, etc..)

