

## Insurance and Referrals

- Obtain a physician referral for outpatient MNT at St. James Mercy Hospital.
- Insurance coverage varies depending on type of insurance and benefit package. Before scheduling a consultation, please check with your insurance company to confirm the extent of your coverage. Some participants may be required to cover the cost themselves. You are responsible for all charges not coverage by your insurance.

## Scheduling a Visit

- We offer convenient day and evening appointments to meet your scheduling needs. Please call our central scheduling office at 607-324-8279 to schedule an appointment.
- Hours are by appointment.

## Preparing for Your Visit

Please bring your following to your appointment:

- Physician prescription and referral sheet, including prescribed diet order
- An indication of the medical condition requiring nutrition therapy
- List of current medications and nutritional supplements you take
- Any pertinent lab test results
- Medical insurance card and information
- Any food diary and/or blood sugar records you have been keeping
- Any questions you might have about MNT



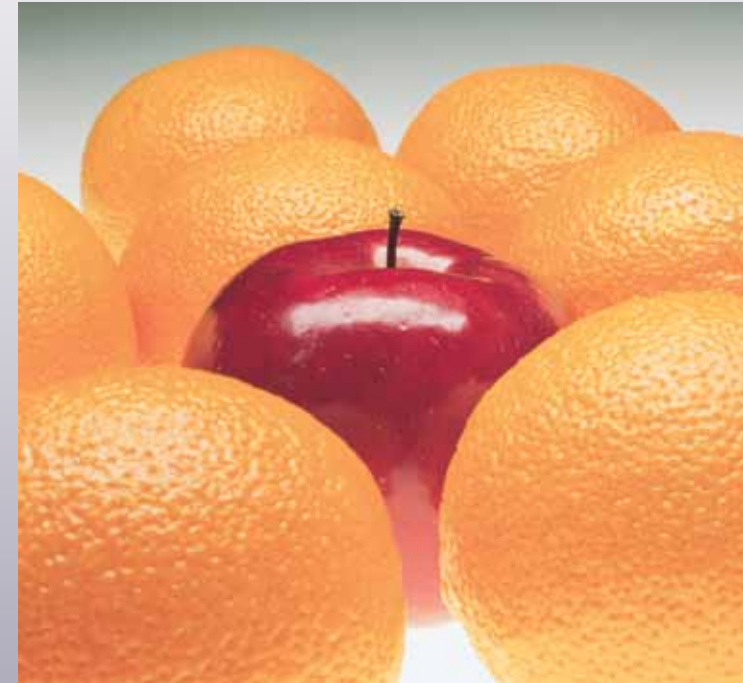
## St. James Mercy Hospital Nutrition Counseling Service

411 Canisteo Street  
Hornell, New York 14843

For more information call  
**607-324-8172** or visit  
**[www.stjamesmercy.org/nutrition](http://www.stjamesmercy.org/nutrition)**, or  
**[www.eatright.org](http://www.eatright.org)**  
(Academy of Nutrition and Dietetics).

## St. James Mercy Hospital

# Medical Nutrition Therapy



St. James Mercy Hospital offers confidential, comprehensive nutritional counseling services called Medical Nutrition Therapy (MNT). MNT can help you manage your medical conditions through good nutrition, to live a better quality of life. Here are some of the most common questions about MNT.

### **What is Medical Nutrition Therapy (MNT)?**

Medical Nutrition Therapy is used to treat an illness or condition. The role of MNT is to manage medical issues and help reduce your risk of developing complications, or prevent or delay disease. It is not about dieting. Instead, it is about managing your special needs through a healthy approach to lifestyle and eating habits.

### **Who can provide Medical Nutrition Therapy?**

Medical Nutrition Therapy is provided by registered dietitians (RDs), who are the only health care professionals with nutrition-specific training.

### **How is a Registered Dietitian different than a nutritionist?**

“RD” is a legally protected title that can only be used by practitioners who are authorized by the Commission on Dietetic Registration of the Academy of Nutrition and Dietetics. Some RDs may call themselves “nutritionists,” but not all nutritionists are registered dietitians. Individuals with the RD credential have earned a bachelor’s or advanced nutrition-specific degree, completed a supervised practice program, and passed a registration examination – in addition to maintaining continuing education requirements for recertification.

### **What will Medical Nutrition Therapy (MNT) do?**

Through Medical Nutrition Therapy, a Registered and Licensed Dietitian will work individually to help areas such as nutrition medications to fit your lifestyle, reading food labels, healthy cooking tips, locating resources, guidelines for eating out, and nutrition therapy for your special needs.

### **What does MNT include?**

The three basic components of Medical Nutrition Therapy include:

1. Doing a comprehensive nutrition assessment to determine your nutrition diagnosis
2. Creating and implementing a plan using proven (evidence-based) nutrition practice guidelines
3. Monitoring your progress over subsequent visits with our Registered Dietitian

### **What types of MNT services are provided by St. James Mercy Hospital?**

- Weight loss and weight gain counseling
- Diabetes management
- Food sensitivities
- Menu analysis for food allergens
- Grocery store tours
- Bariatric nutrition counseling
- Menu planning
- One-on-one counseling
- Corporate wellness nutrition
- Long-Term Care counseling
- Cholesterol-lowering counseling

### **Who Qualifies for MNT?**

Everyone qualifies for MNT services. You need a referral from your primary care physician, and insurance coverages vary.

### **Medicare Part B Beneficiaries**

- Our outpatient dietitians are registered Medicare providers.
- Medicare Part B beneficiaries with a diagnosis of diabetes or non-dialysis kidney disease are eligible.
- Medicare Part B reimburses three hours of nutrition therapy for the first year and two hours each year afterward.
- Appropriate lab work from your doctor’s office must be received before your first scheduled appointment.

### **Do You Have...**

A catabolic disease like cancer or AIDS and have trouble maintaining weight? 25 pounds or more of excess weight? Kidney disease? Digestive problems? Food allergies? High cholesterol? High blood sugar? If you answered yes to any of these, you may benefit from Medical Nutrition Therapy. Ask your doctor for a referral. We can help you with a total eating plan that works for you and your lifestyle.

