

## Medical Nutrition Therapy (MNT)

### MNT Location

St. James Mercy Hospital, 3<sup>rd</sup> Floor  
411 Canisteo Street  
Hornell, NY 14843  
607-324-8172

To schedule an appointment: 607-324-2879

To fax to scheduling: 607-324-8221

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

Medical Nutrition Therapy (MNT) is not about dieting; instead, it is about managing your disease through a healthy approach to your eating habits and lifestyle. MNT is provided by a Registered Dietitian who is a nutrition expert on disease management.

### **What will MNT do?**

During your first visit with one of our Registered Dietitians, we'll review your medical history, current eating habits and personal wellness goals, and then develop a personalized nutrition plan that's right for you. 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 planning meals, grocery shopping, and eating out. You'll find answers to your questions about fad diets and weight-loss myths. And you'll understand the importance of physical activity, portion control, and balanced meals in meeting and maintaining your health-improvement goals.

### **What types of MNT services are offered at St. James Mercy?**

- Weight loss and weight gain counseling
- Diabetes management
- Bariatric nutrition counseling
- Pediatric nutrition
- Menu planning
- Gastrointestinal disorders
- Heart healthy nutrition

- Pregnancy and prenatal nutrition
- Food sensitivities
- Menu analysis for food allergens
- Corporate wellness nutrition
- Long-term care counseling

### **What do I need to bring to my appointment?**

- Physician prescription and referral sheet, including prescribed diet order
- List of current medications and/or nutritional supplements you take
- Any pertinent lab test results
- Any food diary and/or blood sugar records you have
- Medical insurance card and information

### **How long does the appointment take?**

Initial visits take approximately one hour. Follow up visits last approximately 30 minutes.

### **Is MNT covered by insurance?**

Some insurance carriers may provide reimbursement for program fees, but some participants may be required to cover the cost themselves. Before scheduling a consultation, please check with your insurance company to confirm the extent of your coverage.

### **How do I make an MNT appointment?**

First, obtain a physician referral for outpatient MNT at St. James Mercy Hospital. Fax the referral to central scheduling at 607-324-8221. Our central scheduling staff will call and set up your MNT appointment. We offer convenient day and evening appointments to meet your scheduling needs.