



Outpatient Medical Nutrition Therapy

Two Convenient Locations:

Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530.543.5824
Fax 530.543.5821

Barton Family Medicine
1090 3rd Street
South Lake Tahoe, CA 96150

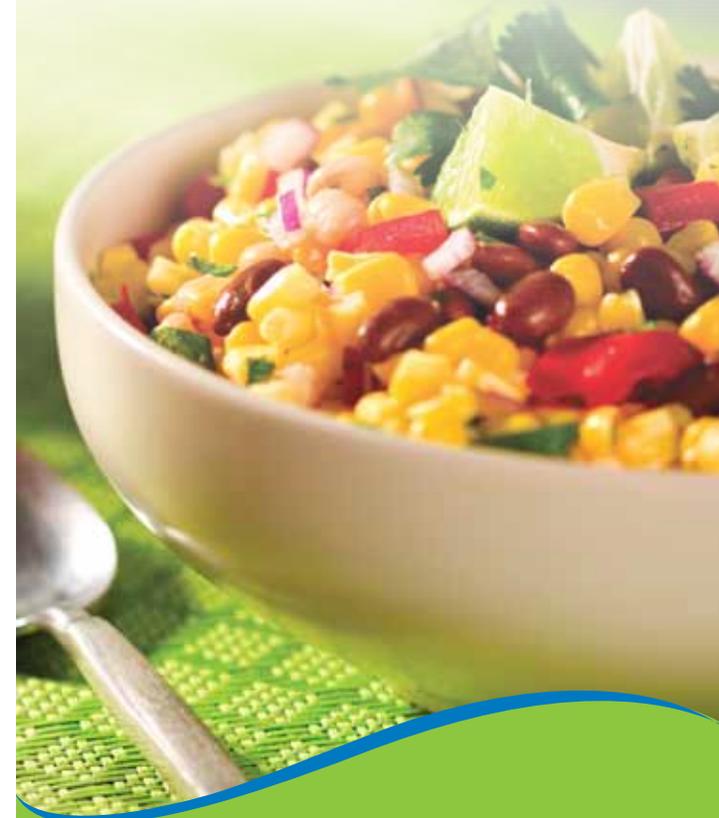
www.bartonhealth.org

Dietitians can help you manage:

- ❖ Food allergies
- ❖ Cardiovascular disease; lipid management and hypertension
- ❖ Diabetes self management
- ❖ Digestive disorders
- ❖ General nutrition and wellness
- ❖ Liver disease
- ❖ HIV/AIDS
- ❖ Maternity nutrition
- ❖ Oncology (Chemotherapy & Radiation Therapy)
- ❖ Pediatric nutrition
- ❖ Renal (Pre-dialysis)
- ❖ Sports nutrition
- ❖ Vegetarian diets
- ❖ Weight control

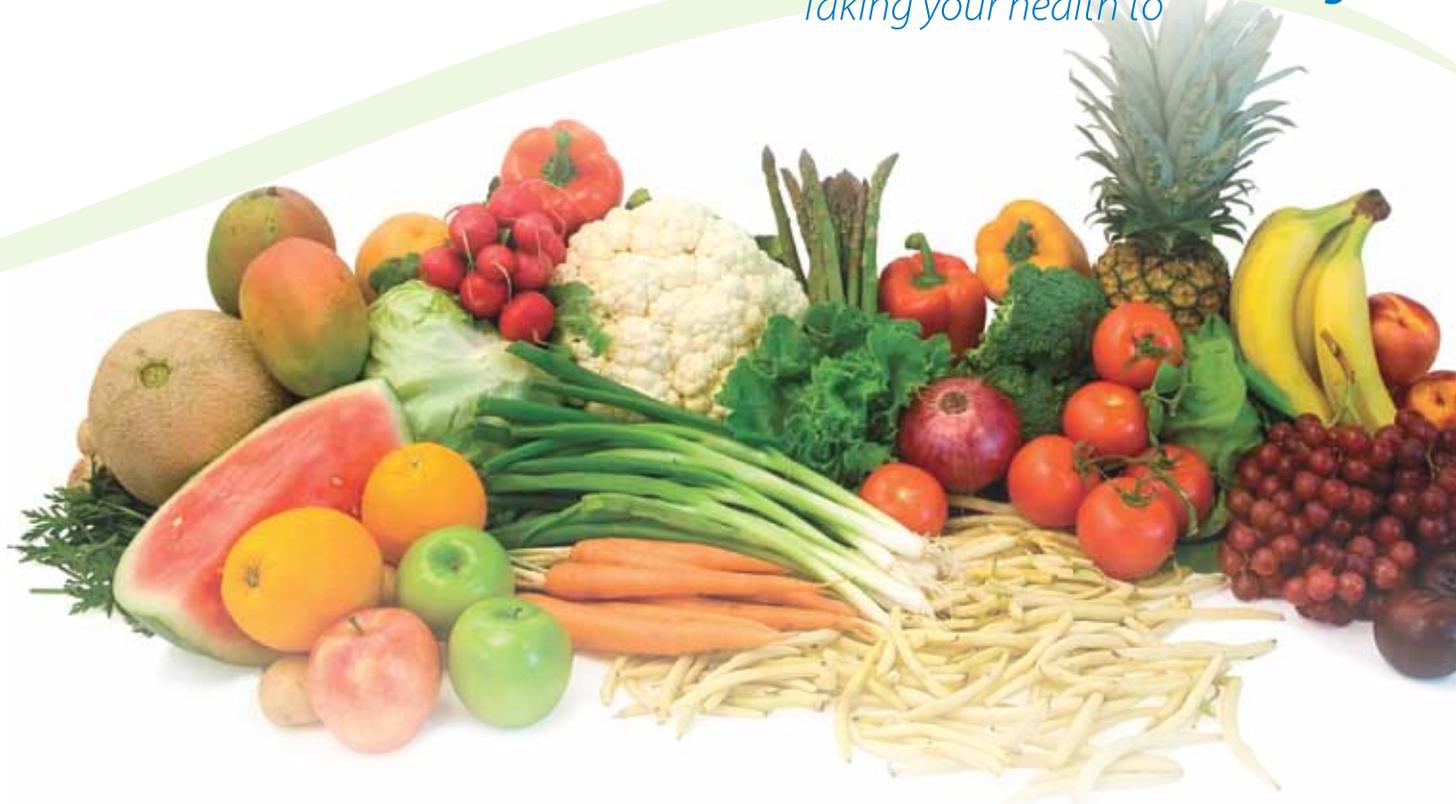
Nutrition Services

Outpatient Medical Nutrition Therapy



Taking your health to **new heights**

Nutrition Services



Goals of Medical Nutrition Therapy

1. Educate patients on proper nutrition for healthy living
2. Set-up an individual nutrition plan to meet the patient's needs
3. Improve patient's laboratory results, such as blood glucose, lipids, and blood pressure
4. Improve patient's health and quality of life through good nutritional choices
5. Compliment your medical care
6. Correct nutritional deficiencies
7. Provide self-management training and materials for patient's success in achieving and maintaining nutritional goals

Why do you need a Registered Dietitian?

- ❖ A Registered Dietitian provides reliable, objective advice and separates facts from fads, healthy meals from dangerous diets and knows how to translate the latest scientific findings into easy to understand nutrition information.
- ❖ A Registered Dietitian has completed a minimum of four years of education and training in dietetics, or a related area, at an accredited U.S. college or university, and has demonstrated that knowledge in a credentialing examination.

- ❖ Registered Dietitians provide medical nutrition therapy (MNT), develop individual nutrition plans for people with acute and long-term illnesses, and counsel in health promotion and disease prevention. Your Registered Dietitian can provide you with the personal attention you deserve to create a diet and nutrition program just for you.

How to schedule an appointment with the Dietitian

1. Obtain a physician referral for Medical Nutrition Therapy. Appointments without a physician referral are accepted, but may not be covered by insurance.
2. Important notice about insurance coverage: If your doctor refers you, medical nutrition therapy (MNT) may be covered by your medical insurance. It is the patient's responsibility to obtain pre-authorization

for MNT. If you are pre-authorized, we will bill your insurance company. However, the patient is responsible for all charges incurred including all co-pays and deductibles. MediCal and Medicaid do not cover MNT services, therefore, these insurance companies cannot be billed by either Barton Health or by the patient.

Payment plans are available for costs not covered by your insurance. Fees paid in full at the time of service will receive a 5% discount.

3. Schedule an appointment through Barton Nutrition Services at 530.543.5824 or fax 530.543.5821.
4. Bring a 3-day food record with you.
5. Please arrive 20 minutes before your scheduled appointment and check in at Admissions.
6. Take admission documents and your 3-day food record to Dietitian at scheduled appointment time.