

The food you eat has a large impact on your overall health and well-being, but it can be difficult to make sense of the endless streams of nutrition advice on the internet, on television, and in print. Through Idaho Falls Community Hospital's Outpatient Nutrition Services, you will have access to a registered dietitian to guide you in making lifestyle changes that align with your goals, whether it be disease prevention, management of chronic health conditions, or simply a desire to improve your eating habits.

We offer individual nutrition counseling services for:

- Weight Management (Overweight or Underweight)
- High Cholesterol and/or Triglycerides
- High Blood Pressure
- Heart Disease
- Diabetes
- Prediabetes
- Chronic Kidney Disease
- Food Allergies Or Intolerances
- Celiac Disease
- Crohn's Disease or Ulcerative Colitis
- Irritable Bowel Syndrome
- Diverticulosis
- Gastroesophageal Reflux Disease
- Iron Deficiency Anemia
- Pregnancy And Pediatric Needs: Gestational Diabetes, Growth and Development

We also offer group nutrition education in a class setting.

Class subjects include:

- Sustainable Weight Loss
- Heart-Healthy Nutrition
- Diabetes Prevention

**Call (208) 528-1746
for more information**



**Idaho Falls Community Hospital
Outpatient
Nutrition Services**

Contact Us:

Idaho Falls Community Hospital
Outpatient Nutrition Services

2327 Coronado St.

Idaho Falls, ID 83404

(208) 528-1746

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What to expect:

During individual counseling sessions, a registered dietitian will discuss your medical history and current eating habits and provide you with nutrition guidance based on the best available scientific research and your specific health needs. Depending on your individual needs, you may be scheduled for follow-up visits for additional nutrition education and support.

Your dietitian may help you make lifestyle changes in areas of meal planning, food preparation, physical activity, and more. Our goal is to help you create a sustainable nutrition plan that will work with you and your lifestyle for long-term health improvement, not to judge your food preferences or force you into a strict diet plan.

Health insurance coverage:

Insurance coverage for nutrition therapy by private insurance and Medicaid plans is varied. Many health plans cover nutrition counseling for chronic disease prevention under Preventative Care. Medicare part B covers nutrition therapy for diabetes, non-dialysis kidney disease, and post kidney transplant status, but not for other medical conditions. Dependent on your insurance plan, you may be able to receive nutrition counseling services at no cost to you. Before scheduling an appointment, contact your insurance company to verify coverage for medical nutrition therapy.

How to schedule an appointment:

Please call (208) 528-1746 to make an appointment with a dietitian. Appointments are scheduled between the hours of 9:00 a.m. and 4:30 p.m. Monday through Friday. Doctor's offices may fax a completed referral form along with relevant medical history to (208) 528-1934.

Initial sessions are typically a one-hour visit. It is highly recommended to record everything you eat and drink for three days before your first appointment and to bring this record to the initial visit. Follow-up visits generally last about 30 minutes.

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