

What is Medical Nutrition Therapy (MNT)?

Medical Nutrition Therapy involves the assessment of the nutritional status of patients with a condition, illness, or injury followed by therapy. Medical Nutrition Therapy is not about dieting. Instead, it focuses on managing your disease through a healthy approach to eating and lifestyle.

Who Qualifies for the Benefits?

MNT benefit is covered under Medicare for the following diagnosis: Diabetes, Gestational Diabetes and Non-dialysis kidney disease or post-transplant kidney disease.

MNT may be ordered for any patient who has a diagnosis that would benefit from nutritional counseling/intervention; however this MNT session may not be billed to Medicare or Medicaid, unless it is an approved diagnosis for the list above. Examples of diagnoses that are not covered under the MNT benefit include obesity, pre-diabetes, hyperlipidemia, and hypertension. There will be a charge to the patient for MNT and this can be applied to the patients deductible or may be covered under a wellness benefit of their insurance. Dietitians are lobbying actively to get more diagnoses covered, but have not been successful at this time.

Medical Nutrition Therapy



An Affiliate of  UnityPoint Health

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Who can benefit from Medical Nutrition Therapy?

People who have:

- Diabetes
- High cholesterol level/lipid management
- High blood pressure
- Heart or kidney disease
- Weight management needs
- Food allergies or intolerances
- Esophageal reflux disease
- Hypoglycemia
- Weight gain needs: Tube feedings, Failure to Thrive, Cystic Fibrosis, AIDS
- Tested positive for HIV
- Celiac Disease
- Crohn's Disease or ulcerative colitis
- Polycystic ovarian syndrome
- Pregnancy including gestational diabetes
- Eating disorders
- Sports nutrition
- Growth and development
- An interest in making healthy lifestyle choices to prevent disease.

How can I schedule an appointment?

A doctor must refer you for medical nutrition therapy. Talk to your doctor about MNT at your next visit.

What Medical Nutrition Therapy could mean for you:

- A reduction in the amount of medicine you take
- Better disease management, including improved blood sugars, blood cholesterol, and blood pressure
- Possible decrease in hospital admissions and length of hospital stays
- Reduction of painful and dangerous complications
- An enhanced quality of life as you learn how your body responds to what you eat and how exercise has an impact on your blood sugar, blood pressure, and cholesterol.

How will nutrition counseling session be planned?

Counseling sessions will be one-on-one unless designated as a class format. Importance is placed on working with you to develop a personal eating plan that considers your lifestyle, medical conditions, and desired health outcomes.

During the first one-hour visit, the Dietitian will assess your diet history, social history, and review your blood work and medicines. After this assessment, the Dietitian may help with:

- Food and meal planning
- Potential food and drug interactions
- Food preparation
- Recipe modifications
- Food label reading
- Dining out
- Physical activity
- Understanding blood test values Self-monitoring of blood sugar for diabetes
- Sick day management for diabetes

Follow up visits may include:

- Continuing medical nutrition therapy
- Behavioral modification techniques
- Coaching and goal setting
- Question and answer sessions
- Positive reinforcement to encourage continued motivation
- Routine weigh-ins to monitor progress
- Nutrient analysis of diet

