

Struggling with Diabetes? If you have Medicare you may be entitled to Medical Nutrition Therapy!

What can I expect to learn from Medical Nutrition Therapy with a Registered Dietitian?

Medical Nutrition Therapy (MNT) with a Registered Dietitian (RD) is individualized and tailored to what you want to learn about diabetes. MNT includes an in-depth nutrition assessment and discussion on topics including but not limited to:

- Carbohydrate counting
- Portion control
- Label reading
- Other topics identified by you or your physician

What is a Registered Dietitian?

Registered Dietitians are food and nutrition experts who have met certain criteria to earn the RD credential. This criteria includes completion of a bachelor's degree (at minimum), completed an accredited supervised internship, passed a national examination, and continues to learn by completing continuing education credits.

How long are appointments and how frequent?

Typically appointments are 1 hour in length. Depending on your insurance, MNT can be provided 2-3 times per calendar year.

Eligibility and Appointments

Those individuals with Medicare as their primary insurance (no Advantage plans) AND a diagnosis of Diabetes may be eligible. Appointments are made during normal business hours at Tri-County Office on Aging (see address below). Appointments are covered 100% by Medicare when eligible for services. Accommodations for home visits can be made for home-bound individuals.

A physicians order is required (the RD will obtain this).

Who do I contact?

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Lansing, MI 48911
Direct phone: 517-887-1450

