



## Why See a Registered Dietitian Nutritionist?

### Personally Tailored Advice

After learning about your health history, favorite foods, eating and exercise habits, a Registered Dietitian Nutritionist (RDN) will help you set goals and prioritize. Follow-up visits will focus on maintenance and monitoring your progress.

### A Weight Loss Program That Really Works

A RDN will partner with you to develop a safe, effective weight loss plan that you can stick with for the long haul.

### Guidance Navigating Food Allergies, Sensitivities and Intolerances

A RDN can teach you how to read food labels so you'll know which ingredients to avoid – and help you find substitutions to keep your diet balanced and tasty, too.

### Help Managing Chronic Diseases

A RDN will review your blood work and lab results to help you understand your condition and provide education about the nutrients that affect it.

### Did You Know?

Insurance Costs: Many insurance providers pay for the cost of an appointment with the RDN for a variety of conditions, including:

- Weight loss
- Sports nutrition
- Pediatric nutrition
- Kidney disease
- Cancer
- Heart disease
- Bariatric surgery nutrition
- Celiac disease/gluten free
- High blood pressure
- High cholesterol
- Food Allergies
- Gastrointestinal disorders



To schedule an appointment,  
call **1.844.BSW.DOCS** or visit  
**BSWHealth.com/Nutrition**.