

Hickory Office

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Hudson Office

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NUTRITION COUNSELING

Nutrition Counseling now available at Foothills Internal Medicine

Foothills Internal Medicine is proud to announce their association with Holley A. Dagenhardt, MA, RD, LDN. Holley has been a registered dietitian in the Hickory area for over 11 years. She is nationally certified in Adult Weight Management.

If you need additional help losing weight, want to eat healthier, or need help getting your eating under control Nutrition Counseling could be for you. Nutrition Counseling is designed to give individuals the tools, guidelines and personalized support they need to manage unique health conditions and optimize their health.

Nutrition Counseling Appointments:

- Initial visit (1 hour) – includes assessing current diet habits, health and diet history, review of current labwork and medications/supplements. Weight and waist circumference taken to assess for health risks. Goals set to be evaluated in two to four weeks.
- Follow-up visits (30 minutes) – assessing response to diet changes and updating goals as needed.

Private Pay Nutrition Counseling Rates: (check or cash)

- Initial visit + 2 follow-up visits - \$175
- Additional follow-up visits - \$35 each

State Health Plan Nutrition Counseling:

- Typically covers 4 visits per year w/ \$25 co-pay*
- If diabetic, the visits are covered at 100%*

**Please note: benefits may vary. Please call the State Health Plan 800# on your insurance card for specific benefits*

BCBSNC/Member Health Partnership Program Nutritional Counseling:

- Typically covers 6 Free visits/ no co-pay if seen by an in-network dietician in an office setting**

***Call the BCBSNC Member Health Partnership program at 800-218-5295 to verify that you have this benefit and enroll in this free program through your insurance.*

***Appointments are currently being scheduled Thursday June 24th, July, 22,
and August 26th 9:00 to 12:45 and 1:45 to 3:00.***

***Call (828) 322-3898 or email appointment@foothillsinternalmed.com
to schedule an appointment and start making a difference in your health today!!***