Are you eating the right foods for your specific health?
To learn how, have your doctor refer you for Medical Nutrition Therapy (MNT). Here are answers to some frequently asked questions about MNT services.

What is Medical Nutrition Therapy?
Medical Nutrition Therapy is a service that helps you choose the right foods to eat for a specific health condition.

Who can qualify for Medical Nutrition Therapy?
Members who are overweight or have:
- Diabetes
- Severe kidney disease
- High blood pressure
- Congestive heart failure
- High cholesterol
- Other qualifying health conditions

What can I expect from Medical Nutrition Therapy?
- An appointment with a registered dietician
- An initial nutrition and lifestyle assessment
- Nutrition counseling
- Diet management
- Follow-up sessions to monitor your progress
Coverage is limited to three hours the first year and two hours per year thereafter.

Who can order Medical Nutrition Therapy services?
Your primary care physician, endocrinologist or nephrologist may order Medical Nutrition Therapy if you have a qualifying medical condition listed.

Where are Medical Nutrition Therapy services offered?
(An order from your physician and an appointment are required.) Services are available at the following facilities:
- Any Health First hospital, 321.434.6100
- Health First’s Cape Canaveral Hospital
- Health First’s Holmes Regional Medical Center
- Health First’s Palm Bay Hospital
- Health First’s Viera Hospital
- Florida Hospital Deland and Florida Hospital Fish Memorial, 386.943.4727
- Florida Hospital Medical Center, 407.303.8157
- Florida Hospital Memorial Medical Center, 386.231.3178
- Florida Hospital Nutritional Excellence, 407.303.8157
- Indian River Medical Center, 772.567.4311, ext. 1085
- Sebastian River Medical Center, 772.589.5000

Contact your physician to see if you qualify for Medical Nutrition Therapy.