

Medical Nutrition Therapy

Reduce your Health Risks

Atrium Health has Registered Dietitians/Nutritionists (RDN) available for outpatient visits to help you reduce your health risks.

Health professionals agree that nutrition education is one of the first treatments that individuals should receive to prevent or improve conditions such as diabetes, heart disease and hypertension.

Teammates and family members who are enrolled in the LiveWELL Health Plan (MedCost medical plan) may receive free visits with an RDN. Appointments are available to participants who have an appropriate physician's referral for Medical Nutrition Therapy (MNT). MNT is only available at select CHS locations (see page 2).

How to get a referral for MNT:

- Contact the Dietitians' office of your choice (see page 2) for guidance in securing the referral; or
- Talk to your physician about a referral; or
- Complete a Know Your Numbers visit at an Atrium Health On-Site Care location. Consider a follow-up appointment to review your results, the provider will be able refer you for MNT if this is appropriate

Up to six visits may be covered (no charge) in a benefit year to provide appropriate guidance and education for diet-related conditions or risk factors, including but not limited to:

- Pre-Diabetes or Metabolic Syndrome
- Diabetes
- Weight management/Obesity
- High Cholesterol or Triglycerides
- High Blood Pressure
- Renal or Kidney disease

Medical Nutrition Therapy provided by an RDN includes:

- Review of what you eat and your eating habits
- Thorough review of your nutritional health
- Personalized nutrition treatment plan

The first visit with the RDN typically lasts one hour. After the first session, the RDN will schedule follow-up appointments to check on your progress and see if changes are needed in your nutrition goals and treatment plan.

LiveWELL Incentives may be included!

- **LiveWELL Health Coaching reward \$100.** Counseling with a registered dietitian can be an alternate way to achieve the LiveWELL Health Coaching reward. The teammate will complete an online Health Coaching Alternative Form in their Total Health Portal to earn the reward after the counseling visit.
- **Healthy Weight Reward \$300.** Your RDN can complete the measurements for your LiveWELL Healthy Weight Reward ***and provide guidance for successful weight loss.***

**Note that not all Nutrition and Diabetes services are covered at 100%.
Please confirm coverage with your caregiver and MedCost prior to service.**

Atrium Health Diabetes & Outpatient Nutrition Centers

AREA	Locations	AREA	Locations
Albemarle	<p>Disease Management @ Carolinas HealthCare System Stanly 301 Yadkin Street Albemarle NC 28002 Phone: 704-984-4189, Fax: 704-983-5162</p>	Concord	<p>The Diabetes and Nutrition Center @ Carolinas HealthCare System NorthEast 130 Lake Concord Road, Concord, NC 28025 Phone: 704-403-3543, Fax: 704-403-3572</p>
Charlotte	<p>Carolinas Medical Center 1000 Blythe Blvd, Charlotte, NC 28203 Room 2112 (at top of the escalator from 1st floor main entrance) Phone: 704-863-5713, Fax: 704-863-6321</p> <p>Atrium Health Pineville - Outpatient Nutrition 10628 Park Road, Charlotte, NC 28210 Phone: 704-667-7856, Fax: 704-667-0478</p> <p>Atrium Health University City - Outpatient Nutrition 101 E. WT Harris Blvd., Suite 2122B Charlotte, NC 28262 Phone: 704-863-5713, Fax: 704-863-6321</p> <p>Ballantyne CHS Diabetes Care 15110 John J Delaney Drive, Suite 200 Charlotte, NC 28277 Phone: 704-302-9462, Fax: 704-302-9402</p> <p>Museum CHS Diabetes Care 3030 Randolph Road, Suite 200 Charlotte, NC 28211 Phone: 704-302-9462 Fax: 704-302-9402</p> <p>Pineville CHS Diabetes Care 10650 Park Road, Suite 300 Charlotte, NC 28210 Phone: 704-302-9462, Fax: 704-302-9402</p> <p>SouthPark CHS Diabetes Care 4525 Cameron Valley Parkway, Charlotte, NC 28211 Phone: 704-302-9462, Fax: 704-302-9402</p> <p>Steele Creek CHS Diabetes Care 13640 Steelescrot Parkway, Suite 320 Charlotte, NC 28278 Phone: 704-302-9462, Fax: 704-302-9402</p> <p>University CHS Diabetes Care 101 WT Harris Blvd, Suite 3301 Charlotte, NC 28262 Phone: 704-302-9462, Fax: 704-302-9402</p>	Huntersville	<p>Huntersville CHS Diabetes Care 9625 North Cross Center Ct, Suite 102, Huntersville, NC 28078 Phone: 704-302-9462, Fax: 704-302-9402</p> <p>NorthCross CHS Diabetes Care 16455 Statesville Road, Suite 200, Huntersville, NC 28078 Phone: 704-302-9462, Fax: 704-302-9402</p>
		Lincolnton	<p>Atrium Health Lincoln -The Diabetes Center CHS Lincoln Medical Plaza 1, 441 McAlister Road, Lincolnton, NC 28092 Phone 980-212-6046, FAX 980-212-6038</p> <p>Atrium Health Lincoln - Outpatient Nutrition 433 McAlister Rd Lincolnton, NC 28092 Phone: 980-212-6034, Fax: 980-212-6036</p>
		Matthews	<p>Matthews CHS Diabetes Care 332 North Trade St., Suite 2000, Matthews, NC 28105 Phone: 704-302-9462, Fax: 704-302-9402</p>
		Monroe	<p>The Diabetes and Nutrition Center at CHS Union 600 Hospital Drive, Monroe, NC 28111 Phone: 980-993-2880, Fax: 980-993-2881 (or 980-993-5752 alternate Fax #)</p> <p>Atrium Health Union - Outpatient Nutrition 600 Hospital Drive Monroe, NC 28112 Phone: 980-993-2945, Fax: 980-993-4188</p>
		Salisbury	<p>Salisbury CHS Diabetes Care 340 Jake Alexander Blvd, Salisbury, NC 28147 Phone: 704-302-9462, Fax: 704-302-9402</p>
		Shelby	<p>Atrium Health Cleveland Diabetes & Nutrition Center 201 E Grover Street, Shelby, NC 28150 Phone: 980-487-3953, Fax: 980-487-3641</p>
		Wadesboro	<p>Atrium Health Anson - Outpatient Nutrition 2301 U.S. Highway 74 W Wadesboro, NC 28170 Phone: 704-994-4810, Fax: 704-994-4901</p>