

## Our Registered Dietitian

- Has a Bachelor's Degree in Nutrition
- Is registered by the Academy of Nutrition and Dietetics and licensed by the state of Pennsylvania.
- May be a Certified Diabetes Care and Education Specialist.



## Locations



### Community Health Services

2 Peartree Way  
Beaver, PA 15009  
866-328-8389, Option #1 (toll free)

Nutrition Counseling Services are available for the Heritage Valley Beaver, Heritage Valley Sewickley and Heritage Valley Kennedy hospital communities. For more information, please visit our website at: [www.heritagevalley.org](http://www.heritagevalley.org).

*Funding for Heritage Valley Health System's Nutrition Counseling Program is provided by the Heritage Valley Health System Foundation.*



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[www.heritagevalley.org](http://www.heritagevalley.org)  
Download our App  

MKT00042H (7/23)



## Community Health Services Nutrition Counseling



Uniquely Connected. For Life.<sup>SM</sup>  
**HERITAGE VALLEY**  
HEALTH SYSTEM

## Good Nutrition Promotes Good Health

You are what you eat rings true! Heritage Valley Health System Registered Dietitians are dedicated to providing nutrition education to individuals. Our registered, licensed dietitians can help you establish nutrition goals which meet your health needs and fit into your lifestyle.

## What People Say

“The dietitian had answers to all of my questions. She was very friendly and knowledgeable. After our meeting, I was very excited about managing my diabetes. She gave me hope.”

“The dietitian deserves a 10! I can’t go on enough about how helpful she was. I’ll be returning for follow up appointments.”

“She listened to my concerns and helped me get on the right path. I even learned how to make better choices when eating out.”



## Nutrition Counseling

Nutrition Counseling is beneficial for...

- Cardiovascular Disease
- Diabetes
- Eating Disorders
- Gastrointestinal Disease
- Hypoglycemia
- Hypertension
- Pregnancy / Lactation
- Renal Disease
- Vegetarian Lifestyle
- Weight Management Concerns
- Wellness Issues



## Scheduling Information

To schedule an appointment, please call **866-328-8389**, Option #1 (toll free).

Appointments may be made at the facility that is most convenient for you.

A written prescription from your physician with reason for treatment (diagnosis) is required. This referral can be faxed to our office at **724-773-7641**.

Check with your insurance to see if medical nutrition therapy is a reimbursable service. If insurance is to reimburse for the service, any necessary authorization is to be completed prior to the appointment.

Self pay patients are welcome. A referral form and specific health information may be required to assure the medical nutrition therapy meets your individual needs. You will be billed for services after the date of your appointment.

Follow up appointments are recommended and can be scheduled as needed.

