

Why should I see a dietitian?

A registered dietitian (RD) is the leading expert in diet and nutrition counseling. RDs must have a Bachelors of Science degree, and complete a 900 hour supervised internship before being eligible to sit for the RD exam.

This provides a wealth of hands-on experience in the field of nutrition.

Why should I see a Certified Diabetes Educator?

Like an RD, a CDE must complete 1000 hours of patient education before becoming qualified to sit for the CDE exam.

A CDE will be up-to-date on the very latest information in diabetes. A CDE can assist you in all areas of diabetes including self-blood glucose monitoring, insulin administration and pattern management.

Katherine Shaw, RD, CDE
Dietitian and Certified Diabetes Educator

For an appointment call:
540-521-5345

Directions:
Suite 200 Jefferson plaza.

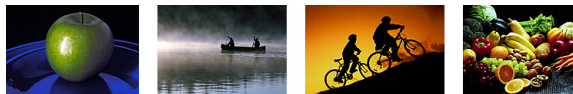
From I - 581 take the Elm Ave Exit.

Turn left onto Jefferson.

Jefferson plaza is located on the corner of Albemarle and Jefferson (Black Glass Building).

Katherine is located on the second floor, Suite 200.

For more information visit us at:
www.real-life-nutrition.com



Real Life Nutrition, Inc.
Katherine Shaw, RD, CDE



**Diet and fitness counseling
that fit your lifestyle**

**1030 S Jefferson St. Suite
200, Roanoke, VA 24016**

Real Life Nutrition, Inc is a multidisciplinary team with both a dietitian and registered nurse that are experienced in diabetes care and education.

Katherine Shaw, RD, CDE, is available at the current location to provide affordable counseling for nutrition and fitness. Kathy has been in the field of nutrition for more than 15 years.

Services Available

Individual nutrition counseling (MNT) for all types of diabetes, weight loss and nutrition

Diabetes Self Management Education (DSMT) Classes covering all 10 topic areas in diabetes

Free group counseling in diabetes prevention and introduction to carbohydrate counting and exercise.

Wellness Programs for Corporations. Programs include risk assessment by an RN, email follow up counseling with the RD for problem solving.



Insurance Coverage and Fees

Medicar covers 80% of Medical Nutrition Therapy (MNT) for people with diabetes or kidney disease before dialysis (other illnesses, such as glucose intolerance and obesity are not covered).

Medicare provides 3 hours initially, and 2 hours each additional year.

Medicare also covers 10 hours of Diabetes self management education (DSME), once in a lifetime and 2 hours of DSME follow up per year. DSME must be provided by an ADA certified program. Real Life Nutrition is an ADA Certified program.

John Deere, Aetna, Cigna, United HealthCare and many others may also cover for either MNT and/or DSME, but it is dependent on the individual plan. You should contact your insurance company to determine what is covered. (Check your deductibles and co-pays)

For Appointments Contact:
540-521-5345 -8AM to 4PM

For more information visit us at:
www.real-life-nutrition.com

Mailing Address
Real Life Nutrition
PO Box 3068
Roanoke VA 24015

Real Life Nutrition is a participating provider with Medicare, John Deere, Aetna, Cigna and United HealthCare.

These Insurance companies will be billed for the services provided. The patient may be responsible for co-pay or deductible at the time of service, and any charges refused by their insurance company.

Anthem Blue Cross, Southern Health, Medicaid, Virginia Premier, and several other insurances, do not reimburse for services provided by a private, non-hospital or physician program.

You may be able to get education at hospital based clinic. For these clients payment is required at the time of service. A statement will be provided to the patient to send to their insurance company.

Individual MNT	15 minutes	\$18.00
	30 minutes	\$36.00
	45 minutes	\$54.00
	60 minutes	\$72.00

DSME Individual -	30 minutes	\$31.00
DSME Group -	30 minutes	\$20.00

There are generally 3 DSME classes that last 2.5-3 hours for 10 hours total (total program cost \$422.00 for 10 hours of Education if paying out of pocket, or the cost of your deductible/co-pay with insurance)

MNT individual visits are for 30-60 minutes. Follow-up appointments are available as needed, but are recommended for 15-30 minutes every three months.