

# Health Care for Wellness LLC 12/12/23 Version Page 1 of 3

## A nutrition and diabetes wellness consulting practice

Andrea Ciccone Troutner, RD, LD, LDN, CDCES, FAND

\*Meet with a Registered Dietitian (RD) and Certified Diabetes Care & Education Specialist (CDCES) for the following business nutrition and diabetes health care services to meet your business needs:

### **\*\*Initial Diabetes Self-Management Education and Support (DSMES) Assessment – Individual Initial Telehealth Counseling Session**

An individual initial telehealth 1-hour counseling DSMES session that will provide an evidence-based foundation to empower people with diabetes (PWD) to navigate self-management decisions and activities. *Referral encouraged.*

### **\*\*Follow-Up Diabetes Self-Management Education and Support (DSMES) Informational Review – Individual Follow-Up Telehealth Counseling Session**

An individual follow-up telehealth 2-hour counseling DSMES session to review the nine topic areas of DSMES using an evidenced-based curriculum. Available to you upon completion of an individual initial telehealth DSMES 1-hour counseling session. *Referral encouraged.*

### **Initial Diabetes and/or Chronic Kidney Failure Medical Nutrition Therapy (MNT) – Individual Initial Telehealth Counseling Session**

An individual initial telehealth Diabetes and/or Chronic Kidney Failure MNT counseling 1-hour session as an evidence-based, individualized nutrition process meant to help treat certain medical conditions. *Referral encouraged.*

### **Follow-Up Diabetes and/or Chronic Kidney Failure Medical Nutrition Therapy (MNT) – Individual Follow-Up Telehealth Counseling Session**

An individual follow-up telehealth Diabetes and/or Chronic Kidney Failure MNT counseling 45-minute session as an evidence-based, individualized nutrition process meant to help treat certain medical conditions. Available to you upon completion of an individual initial telehealth Diabetes and/or Chronic Kidney Failure MNT counseling 1-hour session. *Referral encouraged.*

### **Initial Medical Nutrition Therapy (MNT) Session – Individual Initial Telehealth Counseling Session**

An individual initial telehealth nutrition MNT counseling 1-hour session for your specific chronic condition as an evidence-based, individualized nutrition process meant to help treat certain medical conditions. *Referral encouraged.*

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### Follow-Up Medical Nutrition Therapy (MNT) Session – Individual Follow-Up Telehealth Counseling Session

An individual follow-up telehealth nutrition MNT counseling 45-minute session for your specific chronic condition as an evidence-based, individualized nutrition process meant to help treat certain medical conditions. Available to you upon completion of an individual initial telehealth nutrition MNT counseling 1-hour session. *Referral encouraged.*

### Individual Prediabetes Informational Session – Individual Telehealth Counseling Session

Learn more about prediabetes and how to prevent the onset of Type 2 diabetes as an individual telehealth 1-hour informational session. *No referral required.*

### Individual Prediabetes/Diabetes Support Session – Individual Telehealth Session

An individual telehealth 15-minute session to assess your progress and discuss your on-going progress with your SMART goals. Available to you upon completion of both an individual initial telehealth DSMES 1-hour counseling session and individual follow-up telehealth DSMES Informational Review 2-hour counseling session. *No referral required.*

### Individual Discovery Call – Individual Telehealth Session

An individual FREE telehealth discovery session for up to 15 minutes to assess your needs and get acquainted with a Registered Dietitian (RD) and Certified Diabetes Care & Education Specialist (CDCES) so that the right session can be chosen for you. *No referral required. FREE.*

### Initial Q & A (Question and Answer) Informational Counseling Session – Individual Initial Telehealth Session

An individual initial telehealth Q & A informational counseling 1-hour session for your specific chronic condition. *No referral required.*

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## Follow-Up Q & A Informational Counseling Session – Individual Follow-Up Telehealth Session

An individual follow-up telehealth Q & A informational counseling 30-minute session for your specific chronic condition. Available to you upon completion of an individual initial telehealth Q & A informational counseling 1-hour session. ***No referral required.***

\*The above nutrition and diabetes health care services are not billed through health insurance and are a self-pay fee for service only.

\*\*Ask about my DSMES bundle package and save 50%!

### Contact Information:

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