

Booking Dietitian Services

Nutrition, Food, and Dietetic Care

Here are some helpful tips for booking dietetics appointments to make sure that patients get the most out of their nutrition appointments.

Step 1: have the patient confirm nutrition specialist services with their insurance company

Step 2: patient signs a waiver that they have verified insurance coverage. Most insurance covers nutrition and many plans offer unlimited coverage. Some plans (i.e. Cigna) offer limited visits per calendar year or require a specific diagnosis for coverage. It is the patient responsibility to understand their coverage.

Step 3: book the initial evaluation and first follow up appointment at the same time.

The chart below outlines an appropriate follow up timeframe depending on the reason for booking. If there is ever a question please reach out to me and I will be happy to take a look at the patient chart and provide guidance. The best way to reach me on my days off from BWP is by phone at 617-799-8599 or via email at randrade@bwaterpeds.com.

Reason for Nutrition Referral	Weeks out to book Follow Up after Eval
Weight Related: poor weight gain, weight loss, excessive weight gain, obesity	1 - 2
Eating Disorders: anorexia nervosa, bulimia nervosa, binge eating, ARFID	1
GI Disorders: IBS, IBD, GERD, undiagnosed GI issues	1 - 2
Nutrition Related Labs: lipids, liver enzymes, thyroid, hypertension	2 - 4
Feeding Issues or Picky Eating for any reason	4
Food Allergies or Intolerances, Celiac Disease	4
General and Sports Nutrition	4 - 6

If you have any questions at all please do not hesitate to reach out.

In Good Health ~



Rachel

