

What Services Are Offered?

There are many medical conditions for which a physician recommends nutrition counseling. Here are a few, just to indicate the variety:

- Cancer
- Diabetes
- Emphysema/chronic bronchitis
- Food allergies
- Heart disorders
- High blood pressure
- High cholesterol
- Orthopedic problems
- Weight control

Who Provides The Nutrition Counseling And The Nutrition Plan?

The counseling and the nutrition plan are provided by a registered dietitian who is a member of the Jefferson Regional Medical Center's Food and Nutrition Services Department.

What Are Patient Responsibilities Prior To Nutrition Counseling?

- Make an appointment by calling 412-469-5234. Sorry, we cannot accept walk-ins.
- Keep a written record of all food and beverages (by quantity and type) consumed on three typical days. Bring this record with you to the nutrition counseling session.
- Bring your physician's prescription, insurance card and other lab or medical information to the nutrition counseling session.
- On the day of your appointment, but at least 20 minutes before your scheduled time, make full payment at the cashier's office located in the lobby of Jefferson Regional Medical Center. The cashier will provide you with proof of payment.



What Happens At The Counseling Session?

During a private meeting, the registered dietitian takes the patient through a ten point program, as needed.

1. Analysis of current eating habits and nutritional intake.
2. Analysis of lifestyle factors that could be affecting eating habits.
3. Simplified explanation of the medical reasons for sound nutrition.
4. Setting nutritional goals.
5. Instruction on how to modify and improve eating habits.
6. Development of an individualized nutrition care plan.
7. In-depth explanation of the nutrition care plan.
8. Completion of a nutrition profile which is sent to the patient's physician.
9. Determination of whether and when a follow up meeting is needed.
10. Questions and answers throughout the entire session.



Who Can Participate?

To be eligible for Nutrition LINK counseling, a person must:

- Be referred by his/her physician.
- Be an outpatient (not hospitalized).

What Do You Do When The Physician Refers You To Us?

- First obtain your nutrition prescription from your physician, along with any lab or medical record information.
- Then, call 412-469-5234 to schedule an appointment.

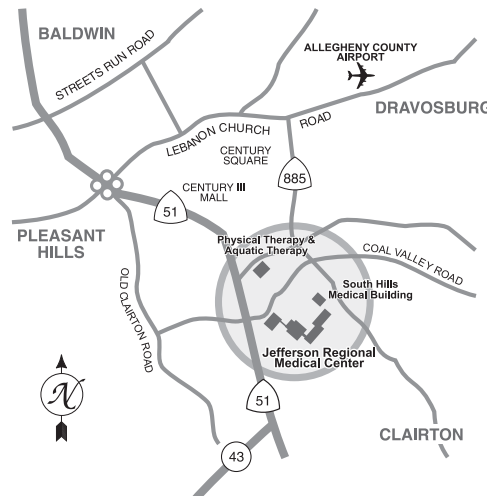
Jefferson Regional Medical Center is conveniently located just one mile from the Route 43/Route 51 Interchange in Jefferson Hills.

From the south: From the Mon Valley: take Route 43 North to Route 51 North. Turn right on Coal Valley Road at the first traffic light on Route 51 (approximately one mile).

From the east: Take Route 376 West to the Boulevard of the Allies exit. At the fork, take the left lane to the Liberty Bridge and cross over to the Liberty Tunnel. At the tunnel's end, follow signs to Route 51 South (towards Uniontown). Follow approximately 10 miles to Coal Valley Road. Turn left onto Coal Valley Road.

From the west: Take Route 279 North to Route 51 South (towards Uniontown) immediately before entering the Fort Pitt Tunnels. Follow approximately 14 miles to Coal Valley Road. Turn left onto Coal Valley Road.

From the north: Take Route 79 South to 279 South. Take 579 South and follow signs to the Liberty Bridge and go through the Liberty Tunnel. At the tunnel's end, follow signs to Route 51 South (towards Uniontown). Follow approximately 10 miles to Coal Valley Road. Turn left onto Coal Valley Road.



Call Today 412-469-5234

An outpatient nutrition counseling service



www.jeffersonregional.com