Frequently Asked Questions

What is a Registered Dietitian Nutritionist (RDN)?
A registered dietitian nutritionist (RDN) is a professional who has completed an accredited 4-year educational program, 1200 hours of supervised practice, and passed a national exam. Look for the initials RDN after your dietitian’s name.

Think of an RDN as your personal food coach. After looking at your eating habits, daily schedule, stressors and snack triggers, they can help you make a personal nutrition plan for your overall health and well-being.

Will my health insurance cover the cost?
Coverage varies with each insurer. We will be glad to contact your insurance provider to check coverage for our services.

Balancing Calories
- Enjoy your food but eat less
- Avoid oversized portions

Foods to Increase
- Make half your plate fruits and vegetables
- Make at least half your plate whole grains

Foods to Reduce
- Compare sodium in foods like soup, bread and frozen meals—choose meals with lower numbers
- Drink water instead of sugary drinks
Our Qualified Staff of Dietitians and Nurse

- Provide diabetes education and medical nutrition therapy for you and your family
- Provide counseling that helps improve your quality of life.

Our services to you

- By appointment only
- Office hours available Monday-Friday
- Evening appointments available
- Require physician referral for insurance coverage
- Available without referral – paid "out-of-pocket" with discount if paid day of service

Want to Lose Weight?

WhyWeight™

- 6 month program designed for those who want to lose weight
- Reasonably priced, safe and effective program teaching good eating habits for a lifetime
- Sessions one-to-one with dietitian who helps you face challenges and makes a plan with you
- Optional membership at HealthPoint, Wooster Community Hospital’s Health and Wellness Center

Need help managing your diabetes or lowering your cholesterol?

Medical Nutrition Therapy

Many diseases and health problems can be improved with good nutrition including diabetes mellitus, high cholesterol, heart disease, high blood pressure and kidney disease.

No matter what your diet needs, your dietitian will help coach you

- Offering behavior strategies to better control mindless/emotional eating
- To understand food labels
- Regarding dining out or eating on the run
- How to change your favorite recipes to fit your new eating plan
- Sharing smart grocery shopping strategies while controlling food costs

98% participants completing our program agree they would refer a friend.

What PEOPLE are saying

The Dietitian was able to adjust program to my needs.

— J.M.

Valuable information is provided throughout the program.

— J.S.