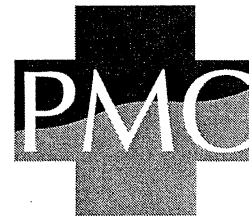


Pondera Medical Center

805 Sunset Blvd • PO Box 668 • Conrad MT 59425
406.271.3211 • www.ponderamedical.com



Nutritional Services

Why might my doctor have referred me to nutritional services?

Health care providers refer patients for nutrition services for a variety of reasons. Registered Dietitians (RDs) are trained in the use of nutrition to treat, as well as prevent disease. Registered Dietitians counsel people for weight control, diabetes, kidney disease, heart disease, pediatric disorders, food allergies, or for education related to abnormal laboratory values such as high cholesterol or low potassium.

What do I need to do to prepare for a visit with the RD?

Fill out the Food Log on the back as completely as you can for two week days and one weekend day. Filling out this form before your visit will help the RD get an idea of how you eat and your food preferences. Please be honest and accurate. Don't change your diet to a "healthier" version on your Food Log. The RD needs to know how you really eat in order to be able to help you plan changes to your diet that will work for you. If you are diabetic and keep a blood pressure log, please bring it along as well.

Where do I go when I get to PMC to find the RD?

First, you will stop at our front registration desk at the main hospital entrance to check-in. Bring the referral from your health care provider if you are given one. (If you are referred by one of the PMC providers, you do not need to worry about bringing the referral.) The registration clerk will contact the RD once you are registered, and she will come get you in the lobby.

Who is the RD at PMC?

The PMC Registered Dietitian is Vann Lovett, RD, LN. Please call Vann at 271-2284 prior to your appointment if you have questions or need help with the Food Log.

Does my insurance cover my visit to see a Registered Dietitian?

Many insurance plans will cover your visit to see an RD. Call your insurance company to see if you are covered. Medicare allows a certain number of visits for people with diabetes or end-stage renal disease. If your insurance does not cover visits to an RD, be sure to request this benefit.

What if my visit to the RD is not covered by my insurance?

If you are seeing the RD for diet counseling for weight control, heart healthy diet, or other services not commonly covered by insurance, you will be responsible for payment at time of service.

What if I need to reschedule?

We understand that things come up and you may need to reschedule your appointment. If this should happen just call 271-3211 at least one day before your scheduled time and we will reschedule your appointment. On occasion the same may happen to us and we may need to call you and reschedule, should this happen you will be notified as soon as possible.

Please use the space below to write down any questions or concerns you or your family may have and bring them with you to the appointment.

THANK YOU FOR CHOOSING PONDERA MEDICAL CENTER!!

