



#1: I need help with living a healthy lifestyle. Where do I start?

A Registered Dietitian/Nutritionist will assist you from the time that you call us to make an appointment until you feel you have accomplished results with whatever health goals you may have. We guide you with each process of your customized program with motivational coaching services throughout your whole experience.

#2: Which insurance plans cover nutritional counseling?

The insurance plans that cover for nutrition counseling include: Aetna, AmeriHealth, Cigna, Horizon Blue Cross Blue Shield, Independence Blue Cross, United Healthcare, GHI/Emblem, Medicaid, and Medicare. Many plans also cover “preventative” services through the Affordable Care Act. We will also verify your insurance coverage for you prior to your meeting with a Dietitian.

#3: What is the best diet to follow?

All dietary protocols have their pros and cons. The truth is, the best diet is the one that both matches the client’s unique physiology and one that they enjoy enough to follow consistently. What is important is that you receive the correct information from a Registered Dietitian/Nutritionist (RDN). We are trained food and nutrition experts who have met the science base educational and experiential standards set forth by the Commission on Dietetic Registration (CDR) of the Academy of Nutrition and Dietetics (AND).

#4: How do I lose weight the healthy way?

We as qualified Health Professionals and Dietitians will determine the best course of action for each individual. We start with a nutrition assessment looking at your overall health concerns, your goals, your sensitivities, your food log, your exercise and sleeping patterns. We then customize a nutrition and wellness plan that we will develop to help you achieve your unique health goals.

#5: Is meal planning involved with helping me lose weight and live a lifestyle of health and wellness?

Yes, most definitely. We customize each plan to meet our Clients' Health needs. We also incorporate our unique “Healing Foods Program” that is discussed at your session(s) with us.

#6: How often do I see a dietitian?

We recommend every 2 or 3 weeks to provide our services to motivate you and review your progress. Remember this is a customized approach and a new “Lifestyle change” so what is most important is that you have the support to get results.

#7: How do I get started with Nutrition Link?

Please call or email Annette O’Neill, RDN, Director of Outpatient Services as:

Wellness@NutritionLinkServices.com or call 732.647.9355