



JOHNSON  
MEMORIAL  
HEALTH



## Achieve a Healthier You with Nutritional Counseling

To help you achieve your goals for a healthier lifestyle, Johnson Memorial Health offers nutritional counseling by a registered dietitian. Our dietitian provides individualized education and support for:

- Weight management – Surgical and nonsurgical
- Gastrointestinal disorders
- Blood pressure and cholesterol management
- Food allergies
- Cancer and/or unintentional weight loss
- Conditions associated with hormone imbalance, such as PCOS and hypothyroidism
- Kidney disease
- And more!

**A physician's referral is required. Cost varies, depending upon insurance. Self-pay options are available, these include:**

- Initial consultation: (1) 60-minute initial visit = \$75
- Follow-up consultation(s): (1) 30 minute follow up visit = \$50 (requires an initial consultation within past 1 year)
- Package: (1) 60-minute initial visit + (3) 30 minute follow-up visits = \$150



**Send referrals to Centralized Scheduling electronically or by fax at 317.736.3589.**

**For questions or additional information on outpatient nutritional counseling, call 317.346.3867.**



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