

Nutrition Counseling
5008 Southpoint Parkway
Fredericksburg, VA 22407
Phone: 540-741-2653
Fax: 540-741-2077



Thank you for choosing Outpatient Nutrition Counseling Services located at Massaponax. We are committed to helping you reach your health goals. If you need to schedule your appointment, call 741-2000, option 4.

Your initial appointment is scheduled with Linda Timm, MA, RD, CDE on:

_____ at _____ am _____ pm

Please arrive 10 minutes before your appointment.

Directions and Parking:

From Route 1 (if heading south), turn left onto Southpoint Parkway and right onto Southpoint Parkway (if heading north). Get into left lane and stay on Southpoint Parkway past Cracker Barrel Restaurant until the end. Turn left into parking lot. Look for the large green sign that says Diabetes Management. Nutrition Counseling is in the same suite.

Insurance Coverage:

It is your responsibility to contact your insurance company to determine if you have the benefits* to see an **outpatient dietitian** for **Medical Nutrition Therapy**. Your insurance company may require that you have pre-authorization for services. This is NOT the same as the physician order. Having a doctor's order does not guarantee insurance coverage. It is your responsibility to know your benefits and obtain what you need or be prepared to pay out of pocket. As a courtesy, Mary Washington Hospital will bill your insurance company. **Our fees are: \$20 per each 15 minutes.** A typical initial consult is 1 to 1½ hours (\$80-\$120) and follow ups are usually 30-60 minutes (\$40-80).

*Mary Washington Hospital Insurance Verification Department will call your insurance company to attempt to verify your benefits prior to your appointment. You may get a call from Mary Washington Hospital if they determine that you do not have benefits that cover Medical Nutrition Therapy. They may also call you in order to obtain more information about your insurance. It is very important that you return their call.

What to bring to your appointment:

- A list of all your medications and doses
- Your insurance card and insurance authorization (if required)
- Blood sugar record if you are checking your blood sugar
- A spouse, friend or family member, if desired
- A 5 day food record, putting most typical day on attached Diet Record Worksheet
- Current height and weight if patient is a child (growth chart preferred)
- Make sure we have a physician order, must be signed by the doctor and state a medical diagnosis. We can not see you if we do not have this at the time of your appointment. An insurance referral is different, and can not be substituted for the physician order.
- Please print and complete attached forms and bring to appointment.
- Vitamin, herb and supplement bottles
- Current appropriate lab work

We have reserved your appointment just for you. **If you are unable to keep your first appointment, kindly notify Enterprise Scheduling 24 hours in advance at 540-741-2000, Option 4. To reschedule a follow-up, call Linda.**

Please also visit the hospital website at marywashingtonhealthcare.com and look under Home/Find a Doctor, and then Outpatient Services, and then Nutrition Counseling.

Sincerely,

Linda Timm, MA, RD, CDE
Registered Dietitian, Certified Diabetes Educator

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