



Medical Nutrition Therapy

Outpatient Nutrition Services

Has your doctor recommended a referral to a registered dietitian for nutrition counseling?

Valley Health Wellness Services offers outpatient medical nutrition therapy to help individuals of all ages (children to older adults) manage health conditions or chronic diseases such as:

- Digestive disorders (celiac disease, irritable bowel syndrome, etc.)
- Eating disorders
- Heart health-related conditions (high cholesterol, high blood pressure)
- Kidney disease
- Overweight/obesity

Our registered and licensed dietitian will review your health history, current health issues and eating habits, assess your individual needs, assist you to set nutrition goals and provide you with a personalized nutrition care plan.

Contact your insurance carrier about your benefit coverage for medical nutrition therapy. If you do not have coverage, a self-pay option is available.

Medical nutrition therapy requires a completed and signed physician order before we can schedule an appointment for you with the dietitian. Outpatient nutrition services are offered at the Valley Health Wellness & Fitness Center, located on the Winchester Medical Center campus.

For more information, please call 540-536-3050 or 800-662-7831.



Healthier, together.