

# Nutrition Partners

TELEHEALTH NUTRITION COUNSELING COVERED BY INSURANCE\*

## WHAT WE DO

Nashville Nutrition Partners (NNP) is a group of Registered Dietitian Nutritionists (RDN) who provide weight-inclusive nutrition counseling for many conditions and specialties. We take time getting to know you and your specific needs, then partner with you to improve your health and well-being. Through telehealth nutrition therapy, you can expect to feel confident and empowered in making decisions around food.

## SPECIALTIES

- + Diabetes: Pre-Diabetes, Type 1, Type 2, Pregnancy
- + Eating Disorders, Disordered Eating, Body Image
- + PCOS, Thyroid and other Endocrine Disorders
- + General Nutrition, Weight Concerns
- + Gastrointestinal Health
- + Heart Health
- + Kidney Health
- + Reproductive Health
- + Food Allergies & Sensitivities
- + Sports Nutrition
- + And More!

## HOW IT WORKS

### You Tell Us About Yourself

Using the self-guided questionnaire on our website or during a brief phone call, we'll learn about your goals, help you understand your payment options, and match you with the best dietitian for your needs.

### We Assess Your Nutrition Needs

You'll meet with your dietitian on our secure telehealth platform and begin to explore your relationship to food, exercise, self-care, and medical conditions. Together you will identify goals that support long-term health.

### Partnership and Support

Your dietitian will help bridge the gap between nutrition science and your body's wisdom, equip you with practical tools for daily life, and empower you with confidence to navigate nutrition without restriction or shame.

## IN-NETWORK PAYORS



aetna



\*Insurance coverage is determined by the insurance carrier at the time of service and varies by carrier and policy. Reimbursement support is available for all out-of-network plans.

## GET STARTED

Ready to get scheduled with an NNP dietitian? Scan the QR code to get started!

