

Medical Nutrition Therapy	Healthy Lifestyle Package <i>Most Popular</i>	VIP
<p data-bbox="212 272 667 315"><i>Scheduled as needed</i></p> <p data-bbox="107 370 747 602">Meet with Registered Dietitian Brittany L. Jones, MS, RD, LD for one-on-one nutrition for Medical Nutrition Therapy counseling for high cholesterol, high blood pressure, PCOS, diabetes and pre-diabetes, hypothyroid or pre/post-natal care.</p> <ul data-bbox="157 657 751 1019" style="list-style-type: none"> <li>• One 60-minute Initial Counseling session with full assessment, patient education materials, and action plan</li> <li>• 30 Minute Follow Up appointments to evaluate progress, revisit your goals, provide additional nutrition education/handouts, and review behavior change tactics to make this a lifestyle and not a diet</li> </ul>	<p data-bbox="873 272 1287 315">3 Months (12 Weeks)</p> <p data-bbox="789 370 1362 602">Learn how to live a healthy lifestyle every day and how to sustain it through nutrition coaching, meal plans, recipe books, and photo food logging using the Healthie app between appointments.</p> <ul data-bbox="800 657 1339 1154" style="list-style-type: none"> <li>• One 60-minute initial nutrition coaching session</li> <li>• Four 30 minute follow-up nutrition coaching sessions</li> <li>• 14 days of customized meal plans</li> <li>• 2 customized grocery lists</li> <li>• 3x per week photo food journal reviews using the Healthie app</li> <li>• Unlimited support in the Healthie messenger between sessions</li> <li>• 2 FREE Blush Nutrition Recipe eBooks</li> </ul>	<p data-bbox="1472 272 1906 315">6 Months (24 Weeks)</p> <p data-bbox="1398 370 1971 602">Achieve your long term health and wellness goals with the increased time working with the dietitian including nutrition coaching, accountability, meal plans, recipe books, and 24/7 access to the dietitian between appointments.</p> <ul data-bbox="1419 657 1969 1198" style="list-style-type: none"> <li>• One 60-minute initial nutrition coaching session</li> <li>• Eight 30 minute follow-up nutrition coaching sessions</li> <li>• Six 15 minute phone check ins</li> <li>• 21 days of customized meal plans</li> <li>• 3 Customized grocery lists</li> <li>• 5x per week photo food journal reviews using the Healthie app</li> <li>• Phone, text and email support between sessions</li> <li>• 4 FREE Blush Nutrition Recipe eBooks</li> </ul>

*Brittany L. Jones, MS, RD, LD is a licensed dietitian in the state of South Carolina, and you may use your health savings/flex spending account to pay for your package. Each package includes a Superbill provided with the medical license number and ICD-10 procedure code for the client to submit for reimbursement by their insurance plan. Blush Nutrition is not an insurance provider, and it is the clients' responsibility to determine if your health insurance will cover your nutrition and wellness services.*