

## RDs Provide a Positive Return on Investment

MNT provided by an RD is linked to improved clinical outcomes, reduced costs, medication use and hospital admissions.

An RD-led lifestyle change, provided through a diabetes program, showed improved weight, lower A1-C values, reduced use of medications, better productivity, improved health-related quality of life and lower total healthcare costs.

## RDs are Integral to the Patient-Centered Medical Home

Our RDs will work closely with the referring primary care provider and multidisciplinary health care team members to deliver care that is effective, coordinated and cost effective. In addition to MNT, RDs address areas, such as glucose monitoring, blood pressure monitoring and chronic disease self-management.

**To contact a Registered Dietitian, please call  
(660) 262-7501.**



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## **WMMC's Registered Dietitians:**

## **Your Nutrition Experts**

**Intensive Behavioral Therapy:  
*Improving health outcomes  
one patient at a time***



# DIETITIAN SERVICES

## Registered Dietitians: The Nutrition Experts

Registered Dietitians (RDs) at Western Missouri Medical Center (WMMC) are available to offer **Intensive Behavioral Therapy (IBT)** counseling to your eligible Medicare recipients.

RDs have a strong background in both clinical and counseling skills and therefore can be very effective in the provision of IBT counseling to Medicare patients for obesity management, as well as other chronic disease states.

IBT provided by our dietitians is consistent with the **5-A** framework mandated in the Medicare Part B coverage, including:

- Assessment
- Advisement
- Agreement on treatment
- Assistance in behavior change
- Arrangements for ongoing support.

RD weight-loss coaching is evidenced-based and clinically proven to be successful. With over 20 years of combined experience in guiding patients to healthier lifestyle choices, our dietitians at WMMC are truly the experts in weight management.

## Would Your Patients Benefit from IBT?

IBT is a new benefit offered to patients covered under Medicare Part B. IBT is an important first step in the medical treatment of obesity. Initiated in November 2011, it offers coverage for screening and intensive behavioral counseling for Medicare recipients with a BMI > 30 kg/m<sup>2</sup>. This benefit offers patients the opportunity to receive counseling up to 22 times in a 12 month period, according to the following schedule:

- One face-to-face visit every week for the first month
- One face-to-face visit every other week for months 2 - 6
- One face-to-face visit every other month for months 7 - 12, if satisfactory progress is achieved.\*

\*If a patient is unable to make satisfactory progress in 6 months of IBT, they must wait

an additional 6 months before re-entering the program.

**To refer eligible Medicare recipients for IBT, please call Outpatient Scheduling at (660) 262-7370.**

## RDs Improve Health Outcomes

Medical Nutrition Therapy (MNT) provided by RDs has consistently shown improved outcomes related to weight management. Studies show that:

- Overweight and obese adults demonstrate significant weight loss of approximately 1 - 2 pounds per week with 6 months of MNT with a dietitian.
- MNT provided over a 6 - 12 month duration yielded a significant mean loss of 10% body weight, with maintenance of this loss beyond one year.
- Overweight/obese individuals, who received MNT provided by RDs, in addition to an obesity-related health management program that included physician visits, nursing support and educational materials, were more likely to achieve clinically significant weight loss than those who did not receive MNT.

For additional questions, please call our Outpatient Dietitian at (660) 262-7501.