

ABOUT THE SERVICES

Real Life Nutrition, Inc has been in business since March of 2005. Owner and Operator Katherine Shaw, RD, CDE has been in diabetes education for more than 14 years.

A registered dietitian (RD) is the leading expert in diet and nutrition counseling. An RD must have a Bachelors of Science degree, and complete a 900 hour supervised internship before being eligible to sit for the RD exam. A Certified Diabetes Educator must have worked in the field of Diabetes for more than 2 years and 1000 practice hours.

Services Available

1. Individual nutrition counseling (MNT) for all types of diabetes, weight loss and nutrition.
2. Quarterly oversight for assisted living facilities.
3. Group wellness education.

**Katherine Shaw, RD,
CDE**

**Dietitian and
Certified Diabetes
Educator**

**For an appointment
Call**

540-521-5345

Directions

Suite 200 Jefferson plaza. From I - 581 take the Elm Ave Exit. Turn left onto Jefferson. Jefferson plaza is located on the corner of Albemarle and Jefferson (Black Glass Building). Katherine is located on the second floor, Suite 200.

**Real Life Nutrition
Katherine Shaw, RD, CDE**



**Diet and Wellness counseling
that fit your lifestyle**

1030 S Jefferson St. Suite 200,
Roanoke, VA 24016

Insurance Coverage and Fees

Medicare covers 100% of **Medical Nutrition Therapy (MNT)** for people with diabetes or kidney disease before dialysis. Medicare does not cover MNT unless you have diabetes with a fasting glucose over 126 or random glucose over 200mg. Kidney disease without dialysis is also covered. Medicare provides 3 hours initially, and 2 hours each additional year.

John Deere, Aetna, Cigna, Optima, United HealthCare and many others may also cover for either MNT and/or DSME, but it is dependent on the individual plan. You should contact your insurance company to determine what is covered. (Check your deductibles and co-pays)

Real Life Nutrition is a participating provider with **Medicare, John Deere, Aetna, Cigna Optima, and United HealthCare**. These Insurance companies will be billed for the services provided. The patient may be responsible for co-pay or deductibles at the time of service, and any charges refused by their insurance company within 30 days of the service.

Anthem Blue Cross, Southern Health, Medicaid, Virginia Premier, and several other insurances, do not reimburse for services provided by a private, *non-hospital or physician program*. You may be able to get education at a hospital based clinic. We provide a 25% discount for these clients payment is required at the time of service with check, credit or exact cash.

Fees

Individual MNT

15 minutes	\$22.50
30 minutes	\$45.00
45 minutes	\$67.50
60 minutes	\$90.00

Real Life Nutrition will provide a 25% discount for self pay patients (16.88 per 15 minute units paid at the time of service).

Initial MNT individual visits are for **45-60 minutes**. Follow-up appointments are available as needed, but are recommended for **15-30 minutes every one to three months**.

Hours of Operation:

Monday through Friday 9AM to 5PM

For Appointments Contact:

540-521-5345

Appointments can be made from the hours of 8AM to 4PM Monday through Thursday. Please leave a detailed message include the best time and number to reach you.

For more information visit us

at:

www.real-life-nutrition.com

or email

kathy@real-life-nutrition.com

Mailing Address

Real Life Nutrition
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