

Nutrition Therapy Toolkit

Nutrition Therapy is defined as the treatment of a medical condition by adjusting the quantity, quality, and methods of nutrient intake. The benefits of Nutrition Therapy include: assistance in managing chronic diseases, support of healthy lifestyles and fitness, and ensuring proper development in children and adolescents. The resources in this toolkit will help practitioners better understand Nutrition Therapy in order to assist patients with their health and wellness.

What's Included in the Nutrition Therapy Toolkit?

The toolkit provides resources to:

- Promote healthy meal patterns for general wellness and chronic disease
- Address age-related nutrition guidelines for senior and pediatric members
- Identify opportunities for practice transformation through:
 - Referrals to a Registered Dietitian
 - Referrals to a Highmark Wellness Coach
- Understand resources for:
 - Highmark members (specifically) – Nutrition, Wellness, and Case Management
 - Food insecurity for all patients

More Information

If you have questions regarding the Nutrition Therapy Toolkit, please contact your Highmark representative.

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