

MEDICAL NUTRITION THERAPY



Provided by a registered dietician in either an individual or group setting, participants receive valuable information about how to manage their blood sugar through eating well and creating a healthy eating plan.

Medical Nutrition Therapy is part of the Diabetes Self-Management Education Services, and can also be offered independently for people with diagnoses related to diabetes and its complications. Note that a doctor's order is required for insurance plans to cover this program.

Call (833) 673-9355 to learn more.

This program is available in English and Spanish. OWN offers evidence-based classes to address both prediabetes and type 2 diabetes.

-  Get individual care and nutrition advice
-  Benefit from group and individual sessions
-  This program is covered by both Medicare and Medicaid in Oregon.

