



Nutrition Coaching



What is Nutrition Coaching?

Nutrition Coaching provided by a Registered Dietitian (RD) includes:

- A review of what you eat and your eating habits
- Thorough review of your nutritional health
- Personalized nutrition recommendations to help meet your goals

Health professionals agree that nutrition services are one of the first steps to help individuals prevent the onset of and improve conditions such as diabetes, heart disease, and hypertension.

How will Nutrition Coaching help me?

Registered Dietitians draw on their experience to develop personalized nutrition goals for all individuals. They are able to separate facts from fads and translate nutritional science into information you can use. An RD can help put you on the path to lowering weight, eating healthfully and reducing your risk of chronic disease.

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What can I expect from Nutrition Coaching?

During your first assessment we will evaluate your current nutrition habits and review what you would like to achieve. During this time, we will provide recommendations and set goals to start your lifestyle change. Follow-up appointments can be scheduled for accountability and to check progress of your goals.

Scheduling a Nutrition Consult

Stop by the front desk at The Center for Health Improvement to obtain paperwork for scheduling an appointment or call 785-623-5000 to schedule an appointment.

Insurance Coverage

Nutrition Coaching is covered for certain conditions by a variety of insurance plans. Check with your insurance plan for specific Nutrition Coaching coverage details. Another word for Nutrition Coaching is "Medical Nutrition Therapy." You may need to use this term when checking insurance coverage. You will be provided with a receipt to submit to your insurance company for reimbursement.

Meet The Center's Registered Dietitians

Andrea Harmoney, MS, RD, LD

Credentials:

- Registered Dietitian Nutritionist – The Academy of Nutrition & Dietetics
- Licensed Dietitian – State of Kansas
- MS – Food and Nutritional Sciences – University of Nebraska-Lincoln

Areas of Special Interest:

- Management of chronic diseases
- Improving nutritional quality of intake

Kylie Keller, MS, RD, LD

Credentials:

- Registered Dietitian – The Academy of Nutrition & Dietetics
- Licensed Dietitian – State of Kansas
- MS - Human Nutrition – Kansas State University

Areas of Special Interest:

- Sports nutrition
- Improving the quality of life through nutrition
- Baking, cooking and exercising

