

Medical Nutrition Therapy

At acac Fitness & Wellness Centers, our Medical Nutrition Therapy (MNT) services are delivered by Registered Dietitian Nutritionists (RDNs). MNT is a personalized, evidence-based approach that includes a comprehensive assessment of your nutrition status, the development of individualized goals, and ongoing counseling to support meaningful improvements in your health.

Benefits of Medical Nutrition Therapy include:

- Personalized nutrition plans tailored to your medical conditions, lifestyle, and goals
- Support for managing chronic conditions such as diabetes, heart disease, hypertension, and obesity
- Guidance to support healthy weight management in a sustainable way
- Education to help you make informed long-term dietary choices



Learn more about
acac medical
wellness programs



**Fax completed form to patient's preferred
acac Fitness & Wellness Center location below.**

Medical Nutrition Therapy is only available to patients with Medicare insurance and a pre-qualifying condition.

I verify that my patient has a diagnosis of (one of these is required for Medicare coverage):

- ☐ **Diabetes**
☐ **Chronic Kidney Disease**

Learn more about our
other medical programs:

acac.com/medical-wellness

Please provide any additional medical conditions or special health considerations that may be important for our care team to know.

PATIENT INFORMATION

Patient name _____
Patient phone _____
Patient email _____
Date of birth _____

PROVIDER INFORMATION

Provider name _____
Provider signature **X** _____
Date _____
Provider phone _____
Provider fax _____

You will receive progress reports on your patients.

PROVIDER STAMP:

ACAC MIDLOTHIAN
phone 804.378.1600
fax 804.597.2167

FAX INFO TO:

ACAC SHORT PUMP
phone 804.464.0990
fax 804.597.2316