



Registered Dietitian (RD) Visit Descriptions MGB Flex Services

Initial RD Visit

The purposes of the initial RD visit are 1) to establish a trusting relationship between the member and their RD, and 2) for the RD to assess the member's current health status and needs.

The intended outcomes of the visit include:

- Assessing member needs and current status using Foodsmart's NutriQuiz. The NutriQuiz covers key areas important to the development of the member's care plan, including:
 - Current health conditions, medications, lab results, BMI, and other clinically important health information
 - Food insecurity
 - Current food habits and preferences about shopping and cooking; food likes and dislikes, allergies, or intolerances
- Developing an initial individualized care plan with the member that outlines the member's goals and prioritizes how their goals will be addressed
- Explaining the Foodsmart program components to members and how Foodsmart can support their health and nutrition goals
- Establishing follow up visit cadence

Follow Up Visits

Consistent and ongoing follow-up visits ensure that the RD is supporting your members in achieving their desired health outcomes. Follow-ups are crucial to your members' care for several reasons:

- RDs can evaluate whether the dietary recommendations provided during the initial consultation are being implemented effectively, determine whether any adjustments need to be made to overcome obstacles, or identify new interventions.

- RDs can offer guidance, strategies, and solutions to overcome these challenges, which can be instrumental in sustaining long-term dietary changes.
- RDs can reinforce key dietary recommendations and provide ongoing education and support to your members. This reinforcement helps individuals stay motivated and committed to their dietary goals, especially in cases where behavior change is challenging or socioeconomic barriers exist.

Topics might include, but are not limited to:

- How has the member used tools provided by their RD since their last visit?
- Talk with the member about the food support they're getting from the SSO and confirm that it is meeting their needs
- Grocery shopping strategies to stretch their food dollar
- Including foods in the member's diet that will assist in improving their health
- Gradually reducing foods in the member's diet that are hindering their health goals
- Food behaviors and habits (stress eating, having regular meal times) prevalent in the member's household that they would like to improve/change
- Tools/tips from the RD that will help the member and their family improve their healthy food choices within their budget