

## About Jean Green RD, LD, CDE Nutrition Consultant

Jean is a registered and licensed dietitian (RD, LD) with more than 15 years experience helping people change their eating habits to improve their health and make them feel great. She has a B.S. in Nutritional Science, M.S. in Exercise Physiology and is a Certified Diabetes Educator (CDE). Educational background and extensive experience has helped Jean develop an effective approach to the difficult task on changing ones eating habits. Jean is successful because of her ability to make complicated information simple and her emphasis on teaching how to balance good nutrition with today's lifestyle.

## Will my insurance pay for these nutrition appointments?

The only way to know if your insurance covers nutrition appointments is to call your insurance directly and ask. Use the questions below to make sure you understand your benefits. Jean offers a 20% discount for clients without nutrition benefits.

### QUESTIONS TO ASK

Call the member service number on the back of your insurance card

- Do I have benefits for nutrition counseling?
- Do I have to see an in-network provider\* to use my nutrition benefits?
- Does it cover my diagnosis? (For example, diabetes, to lose weight, etc)
- Do I have a deductible? How much is it and what is covered after the deductible is met?
- Do I need a referral from my doctor?
- How many appointments do I get a year?
- What is my copay to see the dietitian?

\*Jean Green, RD is in network for all types of BlueCross/ Blue Shield, Tufts, Harvard Pilgrim, Cigna, Aetna, Fallon and Medicare.

**Jean Green** RD, LD, CDE  
& associates

PHONE 508-393-1920

FAX 508-393-0569

E-MAIL [jeangreenrd@aol.com](mailto:jeangreenrd@aol.com)

MAILING ADDRESS

50 Cherry Street, Northborough, MA 01532

*Call for more information or to schedule an appointment*

# Eating Well for a Lifetime

Counseling for Healthy Eating



**Jean Green** RD, LD, CDE  
& associates

### OFFICE LOCATIONS

**Tewksbury:** 600 Clark Road

**Billerica:** 790 Boston Road

**Lexington:** 450 Bedford Street

**Shrewsbury:** 604 Main Street

**Worcester:** 1078 West Boylston Street

## So, you've decided to see a Nutritionist. What can we do for you?

During your nutrition appointments you will learn how to eat healthy and be active without feeling hungry, fatigued or deprived. You will gain accurate, up-to-date information about nutrition and how it relates to your medical condition. You will gain insight about how your lifestyle influences food choices and your activity level. After your appointments, you'll understand the difference between emotional and physical hunger and how to control your eating without diets. Ultimately, enjoy improved health, energy and mood.

### When to see a Nutritionist

- Weight issues: overweight, underweight, compulsive overeating, anorexia nervosa, bulimia and other eating disorders
- High cholesterol
- High blood pressure
- Pediatric concerns: over- or underweight, fussy eating habits, general healthy nutrition
- Prenatal nutrition
- Diabetes: insulin dependent, adult onset, gestational
- Sports nutrition
- Vegetarianism
- General healthy nutrition

## What can you expect at your first appointment?

Many factors influence your food choices—work and home schedules, family make-up, stress level and how you handle it, activity and exercise habits and of course, taste. During your first appointment, we'll take a closer look at these factors. You'll learn about your physical condition and how food choices and eating habits affect it. Together we'll develop a plan to make realistic changes that you can live with.

We'll discuss the need for a follow-up appointment at the end of this session. The first appointment is about 60 minutes long.

### YOUR FIRST APPOINTMENT

These are a few of the topics which may be discussed

- Timing of meals and snacks
- The right balance of carbohydrates, protein and fat
- Portions that make sense
- Emotions and food choices
- Strategies to promote lasting changes in your eating habits
- Fast food—at home and away
- Benefits of enjoyable exercise

## Will you need more appointments?

Knowing you are scheduled for another nutrition appointment helps increase focus and accountability. It's important to review goals, answer questions and establish new goals. Changing any habit is a challenge and follow-up appointments help make success a reality.

The frequency of follow-up appointments is based on individual need. Clients typically come in every 2–4 weeks but it could be more or less often. When a person is well on their way to achieving their goals, they may schedule appointments every six months or so. Follow-up appointments are about 30 minutes long.

### Eating Disorders—A Special Case

Eating disorders are a complicated disease that may result from psychological and social problems. The most effective treatment includes a team approach, including a physician, therapist and nutritionist. Jean has been an integral member of many eating disorder teams since 1995.

Recovery can be a reality for clients. Realizing the benefits of healthy eating, establishing clear goals and professional support help to move clients towards normalized eating. With recovery comes a higher quality of life.