

## Case History

At Ohio Valley Medical Center in Wheeling, West Virginia, Medicare beneficiaries diagnosed with either diabetes or non-dialysis kidney diseases are eligible to seek a referral from their physician to see a registered dietitian. Patients meet with Sodexo dietitians who help them set realistic and achievable nutrition goals, devise customized food plans and develop strategies for healthy eating to help manage their medical problem. Their physicians, in turn, receive a comprehensive report detailing their patient's nutritional diagnosis, nutrition intervention and long term care plan.



The Medical Nutrition Therapy program consists of an initial visit for an assessment, follow-up visits for interventions and continued reassessments and follow-up as necessary. At Ohio Valley Medical Center, a Sodexo employee is teamed with Sheila Kelley, Clinical Dietitian, Ken Surdick, Dietary Manager and Jim Stultz, Senior Vice President of Ohio Valley Medical Center, forming a team that champions the Medical Nutrition Therapy Program.

Medical Nutrition Therapy is a new Medicare benefit that helps individuals with diabetes or non-dialysis kidney disease improve the quality of their daily lives. Many other medical conditions, including heart disease, gastrointestinal diseases and obesity are also significantly enhanced when nutrition assessment, education and counseling are part of a comprehensive treatment plan.

This initiative improves overall health and quality of life by reducing painful medical complications, reducing or eliminating the need for prescription drug use and decreasing hospital admissions.