

Nutrition services

NUTRITION EDUCATION AND COUNSELING JUST FOR YOU

Good nutrition is the foundation of good health. Chronic diseases such as diabetes, cancer, obesity, as well as diseases of the heart, kidneys, liver and digestive tract can all be managed with good nutrition.

A registered dietitian is a vital member of the health care team. UW Health's nutritionists are all registered dietitians and are prepared to meet and discuss your needs in many locations.

Nutrition Assessment

At your first visit, our staff will review your usual eating patterns and habits. We will work with you to set goals for better health.

Follow-Up Care

At the follow-up visit, the registered dietitian will check your progress. We will work with you to set new goals towards better health.

Registered dietitians are also available in between sessions as needed.

Insurance and Referral Information

If you have questions about insurance coverage for any UW Health provider, contact your insurance company. Please bring your insurance card to your appointment. Co-pays will be collected at the time of service. Cash, check, MasterCard or Visa are accepted.

Make Your Appointment Today

To make an appointment with one of our registered dietitians, use the following information.



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APPOINTMENTS

To make an individual appointment with one of our registered dietitians:

1. Contact your primary care physician to request a referral for a registered dietitian.
2. Contact your insurance company to determine coverage.
3. Contact the clinic you were referred to by your physician to make an appointment.

UW Hospital and Clinic (UWHC) locations can be reached at **(608) 890-5500**

UW Medical Foundation (UWMF) locations can be reached at **(608) 287-2770**

UW Health offers classes and programs to help you achieve your health and wellness goals. Many local insurance companies offer full or partial reimbursement. Please check with your insurance company for information and requirements.

GROUP CLASSES

DIET FREE

This 10-week program includes eight healthy lifestyle habits that can improve your health and fitness level. For more information visit uwhealth.org/dietfree

PRE-DIABETES CLASS

Join certified diabetes educators for information on preventing diabetes. For additional details call **(608) 287-2770**, or go to uwhealth.org/onlineservices/classes to register.

DIABETES EDUCATION CLASSES

A series of classes taught by diabetes educators on managing diabetes. Classes are offered throughout the week at several locations. For more information, call the phone number for the location that you are interested in attending.

- UW Health 20 S. Park, 20 S. Park St., Madison.....**(608) 287-2770**
- UW Health Odana Atrium, 5618 Odana Rd., Madison**(608) 287-2770**
- UW Health West Clinic, 451 Junction Rd., Madison.....**(608) 263-7741**
- UW Health Deforest-Windsor Clinic, 4131 Meridian Dr., Windsor ...**(608) 287-2770**
- UW Health East Clinic, 5249 E. Terrace Dr., Madison.....**(608) 265-7405**
- UW Health Sun Prairie Clinic, 2651 Windsor St., Sun Prairie.....**(608) 287-2770**

MEDICAL AND SURGICAL WEIGHT MANAGEMENT

This program offers patients the means to lose weight safely, restore health and improve quality of life. For more information visit uwhealth.org/weightloss or call **(608) 265-7090**.

ACTIVE LIVING AND LEARNING

This year-long program is focused on helping patients prevent diabetes. For additional details visit uwhealth.org/activeliving or call **(608) 263-7420**.

