

# Wellness Nutrition Program

The Wellness Nutrition Program focuses on long term lifestyle changes to manage body weight and prevent/control chronic diseases. Work with a registered dietitian to analyze current nutritional choices and create individualized nutrition goals. Tips for dining out, smarter grocery shopping and healthy cooking are highlighted. The participant will receive tools to track progress on a daily basis.

## Typical clients come for the following:

- Weight management/obesity
- Cardiac (High Cholesterol, High Blood Pressure, CHF)
- Metabolic syndrome
- Pre-diabetes
- General healthy eating
- Other nutrition-related diagnoses

The fee is \$50 for an initial 1 hour visit and \$25 for a follow up. This program does not submit insurance claims. \*

**Schedule an appointment by calling our  
Healthcare Coordination: 865.305.6970  
or toll-free 1.877.UT.CARES**

\*Please refer pediatric patients to East Tennessee Children's Hospital outpatient programs.

## Locations

The University of Tennessee Medical Center  
1924 Alcoa Highway  
Knoxville, TN 37920

University Medical Plaza-Northshore  
9625 Kroger Park Dr., Ste. 500  
Knoxville, TN 37922

[www.utmedicalcenter.org](http://www.utmedicalcenter.org)

