



# ECHN's Nutrition Counseling Services

ECHN's outpatient nutrition services provide personalized nutritional guidance and counseling to support lifelong, healthy eating habits. Licensed and registered dietitians will work to develop a custom plan based on your unique nutritional needs, dietary restrictions, and personal health goals. We also provide ongoing assistance and consultation along the way.

**Our one-on-one sessions with our Registered Dietitian can be formulated for specific conditions including:**

- **Cancer**
- **Cardiovascular diseases**
- **Crohn's Disease**
- **Food allergies**
- **Gastrointestinal disorders**
- **Heart conditions**
- **High blood pressure**
- **High cholesterol**
- **High triglycerides**
- **Kidney or liver disease**
- **Lactose intolerance**
- **Ulcerative colitis**
- **Weight-related issues: underweight, overweight, or obesity**

**This program is available to anyone over the age of 18.**

## Schedule an appointment:

A referral is needed from your primary care provider or specialist to schedule an appointment. The referral form must be sent to scheduling by fax to **860.474.1700**

ECHN offers outpatient nutritional counseling in person at Manchester Memorial Hospital or via telehealth. Call **860.647.1222, ext 2112** to learn more.

To schedule your initial appointment, call **860.872.5150**  
Appointments available Tuesdays from 10 a.m. to 6:00 p.m.

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**We advise patients to speak to their health insurance company prior to scheduling an appointment to ensure coverage.**

- **Monthly classes available for \$10 per class**
- **If monthly classes are attended, an additional discount of \$75 for a 1-hour appointment will be available**
- **Out-of-pocket cost: \$150 for 1-hour session, \$75 for 30-minute session**

