Include MNT on the Benefits Menu

Registered Dietitian Nutritionists Improve Health Outcomes

Including medical nutrition therapy (MNT) as a covered benefit in group plans gives employees access to Registered Dietitian Nutritionists (RDNs) who provide high-quality, cost-effective nutrition services that can improve their quality of life and decrease absenteeism. Studies show that patients with obesity, diabetes, and lipid metabolism disorders who receive MNT have better outcomes than those who receive traditional care. On average, they miss work 64.3% less and take 87.2% fewer disability days than those who do not receive MNT.¹

RDNs = Positive ROI

Individuals who have access to MNT enjoy improved quality of life and better clinical outcomes. MNT is shown to significantly lower HbA1c by 0.3%-2.0% in adults with Type 2 diabetes. The average savings for each 1% decrease in A1C is $246-$1,640 per patient per year.¹ In a study, MNT was cited as costing $0.03 per member per month. MNT is a valuable adjunct to health management programs that can be implemented for a relatively low cost.²

Find an RDN by visiting www.eatright.org.

²The Incremental Value of Medical Nutrition Therapy in Weight Management, Managed Care, January 2013.
Registered Dietitian Nutritionists

Optimizing Health through Food and Nutrition

Registered dietitian nutritionists, or RDNs, are the food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. Working in a number of practice settings, RDNs advance the nutritional status of their patients and clients.

RDNs are recognized as the most qualified food and nutrition experts by the National Academy of Medicine (formerly IOM).¹

RDNs receive extensive training that combines academic preparation with hands-on, practical client and patient experience.

- Minimum of a Bachelor’s degree
- Participate in an accredited practice program
- Pass a national registration
- Maintain their credential through continuous education
- Over half of RDNs hold a graduate degree

Physicians, clients, patients, industry and government agencies value and trust the contributions of RDNs.

Primary care physicians identified dietitians as the most qualified provider to care for patients with obesity.²

70% indicated that RDNs are the most trusted source for information about what types of food to eat.

Registered dietitian nutritionists are everywhere and touch the lives of many.

1.5 BILLION estimated number of clients/patients counseled by RDNs yearly.

Numerous clinical guidelines and the United States Preventive Services Task Force (USPSTF) highlight that RDNs provide nutrition care more effectively at a lower cost than physicians, nurse practitioners, and physician assistants.