Employee Access to MNT is Smart Business

Studies Show MNT Boosts Employee Health and Presenteeism

Registered Dietitian Nutritionists Improve Outcomes

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

RDNs = Positive ROI

In adults with overweight and obesity receiving MNT, studies reveal an average cost savings of $52,000-$99,000 using incremental cost-effectiveness ratios,² with only 2.8% inpatient hospital admissions vs. 22.5%³ for patients not receiving MNT, and an average 17 years of quality of life gained.³ 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.⁴

Find an RDN by visiting www.eatright.org.

⁴The Incremental Value of Medical Nutrition Therapy in Weight Management, Managed Care, January 2013.
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

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.