

GET THE FACTS ABOUT MEDICAL NUTRITION THERAPY

- Medical nutrition therapy has been covered for earlier stages of CKD since 2002. This benefit is underutilized with many progressing to ESRD without ever seeing a registered dietitian.¹
- Most patients are interested in the role of medical nutrition therapy for CKD. However, many providers and patients are unaware of coverage for this service.¹
- Medical nutrition therapy earlier on in CKD can help slow CKD progression and improve patient outcomes.²
- The KDOQI 2020 Nutrition guidelines recommend medical nutrition therapy for those with CKD 1-5 Non-Dialysis to improve outcomes.³

References:

1. Jimenez EY, Kelley K, Schofield M, et al. Medical Nutrition Therapy Access in CKD: A Cross-sectional Survey of Patients and Providers. *Kidney Med.* 2020;3(1):31-41.
2. de Waal D, Heaslip E, Callas P. Medical Nutrition Therapy for Chronic Kidney Disease Improves Biomarkers and Slows Time to Dialysis. *J Ren Nutr.* 2016;26(1):1-9.
3. Izkizler TA, Burrowes JD, Byham-Gray LD, et al; KDOQI Nutrition in CKD Guideline Work Group. KDOQI clinical practice guideline for nutrition in CKD: 2020 update. *Am J Kidney Dis.* 2020;76(3) (suppl 1):S1-S107.

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MEDICAL *Nutrition* THERAPY FOR CHRONIC KIDNEY DISEASE

Understanding the Role of Nutrition and Lifestyle Changes for Kidney Disease



WHAT IS MEDICAL NUTRITION THERAPY?

Medical nutrition therapy (MNT) is a key component of CKD education and management. MNT is defined as a nutrition-based treatment provided by a registered dietitian nutritionist. Nutrition assessment, education, and counseling to help preserve and manage CKD is provided.

Registered Dietitian Nutritionists (RDNs) are food and nutrition experts with a degree from an accredited dietetics program and who completed a supervised practice requirement, passed a national exam and continue professional development throughout their careers.

Dietitians can also obtain **Board Certification as a Specialist in Renal Nutrition (CSR)** through the Commission on Dietetic Registration.



NUTRITION AND CHRONIC KIDNEY DISEASE

Early Referrals to a Dietitian Can Help With:

- ✓ Blood Pressure Control
- ✓ Achieving and Maintaining a Healthy Weight
- ✓ Improve Diabetes Management
- ✓ Help with Reducing Proteinuria
- ✓ Help Slow CKD Progression and Improve Outcomes
- ✓ Optimize Nutrition Status and Prevent Malnutrition

INSURANCE AND COVERAGE INFORMATION

Medicare Part B Plans and all Medicare Advantage Plans

Covers Medical Nutrition Therapy at 100% for:

- CKD Stages 3-5 Non-Dialysis
- Diabetes
- 36 Months Post-Kidney Transplant

Commercial Insurance Plans

- Most cover medical nutrition therapy for a variety of health conditions &/or general nutrition.
- Contact each plan for coverage and benefits for medical nutrition therapy benefits.

