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:
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.

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.

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**