

MEET OUR DIETITIANS

Lindsay Schwartz, RD, LDN

Registered Dietitian

Tayla Carter, MS, RD, LDN

Registered Dietitian

Sabrina Johar, MS, RD, LDN

*Registered Dietitian,
Certified Nutrition Support Clinician (CNSC)*

HEALTH INSURANCE

Many health insurance companies cover nutrition counseling with a Registered Dietitian, however coverage varies between plans. To find out if you are covered, call your health insurance company. Before you call, ask your doctor what diagnosis code they selected in the nutrition referral.

See the back panel for more information about the referral process.

Questions to ask your insurance company when you call:

1. Is my diagnosis code covered?
2. How many visits can I have?
3. Do I have a co-pay?

REFERRAL PROCESS

- Ask your doctor for a referral to the "SMG Nutrition Clinic".
- Outside referrals can be faxed to 508-941-6412.
- Please call the Nutrition Clinic at 508-941-7250 if you have more questions.
- Once you have been referred to the clinic, you will receive a phone call to schedule an appointment with a dietitian.



Nutrition Clinic



130 Quincy Ave, Brockton, MA 02302
Ph: (508) 941-7250 | Fax: (508) 941-6412

Hours: Monday-Friday: 8:00 AM - 4:00 PM



www.MySignatureCare.org

WELCOME

Our team of Registered Dietitians at the Outpatient Nutrition Clinic is dedicated to providing an individualized approach to nutrition counseling to help patients manage a variety of disease states and help them achieve their personalized goals. Nutrition counseling gives patients the tools they need to improve their diet quality, manage or prevent disease, and improve health outcomes.

Our Registered Dietitians are experienced in helping patients address many conditions, including (but not limited to):

- Adult Weight Management
- Pediatric Weight Management
- Cardiovascular Diseases
- Diabetes and Pre-Diabetes
- Gastrointestinal Conditions
- Kidney Disease
- Malnutrition
- Food Allergies/Intolerances

Our clinic serves:

- Adult Patients
- Pediatric Patients (Ages 3+)
- Pregnant Patients

WHAT TO EXPECT AT YOUR VISIT

You will meet one-on-one with a Registered Dietitian for approximately 60 minutes at your initial visit. You will share any personal goals or concerns you have about nutrition and we will provide you with customized nutrition education, dietary interventions, and help you set realistic, attainable goals. Topics covered could include: meal planning for your lifestyle and cultural food preferences, nutrition education, cooking skills, and eating healthy on a budget. Follow up visits are usually 30-45 minutes and are commonly booked 1-3 months in frequency, based on your personal goals.

APPOINTMENT INFORMATION

Nutrition appointments are available in person and via TeleHealth.

Monday - Friday: 8:00 a.m. - 4:00 p.m.

For appointment information, please call: 508-941-7250.

- *Physician referrals are required for individual nutrition counseling*
- *Interpreter services are available for non-English speaking patients*

NUTRITION CLINIC LOCATION

The clinic is located on the second floor of the Polansky Outpatient Center, behind Signature Healthcare Brockton Hospital. Patient parking is free and can be found on the right side of the building.

**130 Quincy Ave,
Brockton, MA 02302**

**Phone: (508) 941-7250
Fax: (508) 941-6412**



EDUCATION

One of our dietitians provides two cardiac rehabilitation classes each month that are free and open to the public. For more information, please call the nutrition clinic.

Topics for this class include:

- Heart-Healthy Nutrition Therapy
- Tips for choosing heart-healthy fats, reducing sodium intake, and increasing fiber intake
- Label reading, cooking tips, and dining out strategies