



## MEET YOUR DIETITIANS - NON-DIABETES SERVICES

### OSF Medical Group – Endocrinology and Diabetes

OSF Medical Group – Endocrinology and Diabetes provides comprehensive education in an individual setting. We offer counseling to fit each patient's unique needs and stage. We see patients for a variety of nutrition-related concerns, including weight management, cholesterol, food allergies, GI conditions, etc.



Brenda Dillow,  
RD, LDN, CDE

#### What to bring to your appointment:

- Three to five day food journal with detailed information

#### Insurance Information

It is important to check with your insurance carrier regarding coverage before the appointment. Every plan is different. Not all insurance companies cover nutritional counseling. Approximate cost is \$80 to \$160 per visit if paying out of pocket.



Rachel Wayne,  
MS, RD, LDN, CDE

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DNE-0003-OSFMG (08/16)

