

Insurance Coverage for Counselling by a Registered Dietitian

In the Kingston region approximately 75,000 of the 150,000 population have access to free services of Registered Dietitian (RD). Approximately 1 in 20 people have coverage for private RD services. If you have questions, please contact my office by phone or email. Here are some questions to ask to find coverage:

1. If your MD is a member of a **Family Health Team** or a **Community Health Centre** you will be eligible for a few free visits with an RD if you have a medical condition.
2. If you have a medical condition, your physician may be able to refer you to outpatient programs which offer dietetic services such as diabetes education or heart health classes. If you are seeing a medical specialist at the **Kingston Health Sciences Centre** you have to ask the specialist to consult the hospital dietitian they use.
3. Check with your **employee health or retirement health benefits package** for coverage by a Registered Dietitian. Your employee health benefits will have an '800' number.
 - Call the number and give them your Group Number and they will tell you if you have coverage for a Registered Dietitian.
 - If yes: Ask: How many \$ per year are covered and how many \$ per visit?
 - Ask: Do I need a doctor's referral to see a Dietitian?
 - If there is no coverage ask your Union Rep or employer about coverage in the future.
4. Check for a **Flex Benefits Package at Work or Health Spending Account** at work.
 - These types of accounts often let you spend your benefit dollars for the services you need for items approved by Canada Revenue Agency eg (on your tax return).
 - Ask your accountant how to set up a Health Spending Account if you are self-employed.
5. Check your **Employee Assistance Plan (EAP)** to see if you have coverage. Nutrition Assessment is a provider for **Shepell.fgi Group (RD face to face visits)**, **Aspiria (face to face visits)** and **Family Services Employee Assistance Programs (FSEAP) (phone consultation)**
Call your Work EAP '800' number to ask for details about Registered Dietitian Coverage.
 - If yes: How many \$ per year are covered and how many \$ per visit
 - Ask if you need a doctor's referral and how you access the RD in your area.
6. If you are disabled you may have a case manager who can give you a Special Diet Form to obtain a special diet allowance from ODSP. The RD can receive \$20 to fill in the form and you may have to pay the rest of her fee. If you have several diet related health issues eg hypertension, high cholesterol and food allergies, it is worthwhile to see an RD who knows your Doctor.

If you are receiving health benefits from a motor vehicle accident and you have related diet problems, your case manager may ask for an assessment by a Registered Dietitian and coverage for treatment through HCAI.