



## Summary Sheet for Medical Professionals

Visit us online at [vidafitness.com/evolve](https://vidafitness.com/evolve)

- 12-week nutrition and exercise program using a preventative approach for general health as well as disease management
- This format started as a nutrition group challenge in May 2020 and changed to include an exercise component in October 2020
- Run by our team of 6 Registered Dietitians with help from the Group Fitness department
- ICD-10 code used: Z71.3 Dietary Counseling and Surveillance
- CPT codes used:
  - 97802 Initial Nutrition Counseling
  - 97803 Follow-up Nutrition Counseling
  - 97804 Group Nutrition Counseling
- Medical Nutrition Therapy interventions used include:
  - Calorie and macronutrient education
  - Goal setting using Motivational Interviewing
  - Dietary adherence measures set for each participant
  - In-depth education and practical application in the following areas:
    - Expectation Management
    - Understanding Metabolism
    - Meal Planning/Prepping
    - Detox Science
    - Fad Diet Science
    - Workout Fueling
    - Supplements
    - Dining Out
    - Sugar
  - Discussion-based sessions to provide support
- Fitness portion of the weekly programming includes the following class varieties:
  - Bodypump, Stretch & Mobility, Strength, Cardio Bootcamp, and yoga
- Most CareFirst members are fully covered and pay nothing out of pocket
  - HSA/FSA eligible for non-CareFirst members (\$450 out of pocket)
- Next available session runs Feb 8th - March 3rd
  - Open enrollment throughout the 12-week period
  - Register online at [vidafitness.com/evolve](https://vidafitness.com/evolve)
  - This program is 100% virtual

**Addie Claire Jones, MS, RD, CSCS**

Director of Nutrition | VIDA Fitness  
(919) 909-4601  
[ajones@vidafitness.com](mailto:ajones@vidafitness.com)