

Summary Sheet for Medical Professionals

Visit us online at vidafitness.com/evolve

- 12-week nutrition and exercise program using a preventative approach for general health as well as disease management
- Run by our team of Licensed Registered Dietitians
- 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 Recommendations
 - Discussion-based sessions to provide support
- Potential Health Benefits include:
 - Increased energy levels, improved mental health, decreased A1C, LDL and Blood Pressure, weight loss when appropriate and decreased chronic disease risk
- Most CareFirst members are fully covered and pay nothing out of pocket
 - HSA/FSA eligible for non-CareFirst members (\$450 out of pocket)
- Enrollment:
 - Open enrollment throughout the 12-week period
 - Register online at vidafitness.com/evolve
 - This program can be 100% virtual, or a hybrid of in-person and virtual sessions

Addie Claire Jones, MS, RD, CSCS

Director of Nutrition | VIDA Fitness

(919) 909-4601

ajones@vidafitness.com