Outpatient Medical Nutrition Therapy at St. Alexius Medical Center is part of Alexian Brothers Hospital Network, a network known for providing the highest standard of healthcare.

For more than seven hundred years, the Alexian Brothers have cared for the sick, the aged, the poor and the dying. The basic Judeo-Christian beliefs that inspired the founders of this Catholic religious congregation sustain its ministry today. This heritage is espoused by the governance, management and entire health care team throughout Alexian Brothers Health System in their mutual commitment to promote the physical, mental, spiritual and social well-being of all individuals served through the health care ministry.

St. Alexius Medical Center carries out the healing mission of the Catholic Church through the Alexian Brothers ministries by identifying and developing effective responses to the health needs of those we are called to serve.

Alexian welcomes you to our growing network of top healthcare facilities.

www.AlexianBrothersHealth.org

How Can a Registered Dietitian Help My Child?

AlexianConnects
1-866-ALEXIAN
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Outpatient Medical Nutrition Therapy

Outpatient Medical Nutrition Therapy is designed to enable you to learn a family centered approach to nutrition. Our RD’s have specialized knowledge in nutrition and disease management. Our areas of expertise include, but are not limited to:

- Autism
- Cerebral Palsy
- Cystic Fibrosis
- Diabetes: Type I and Type II
- Eating Disorders
- Failure to Thrive
- Gastrointestinal Disorders
- High Cholesterol
- High Triglycerides
- Pre-term Infants
- Seizure Disorders

Ask about our pediatric weight loss program and sports nutrition program. We are also available for community talks.

How long is a nutrition counseling session and are flexible hours available?

- Typically, the initial session is an hour and follow-up sessions are 15 minutes to 60 minutes depending on your needs.
- Hours are flexible including days, evenings and some Saturdays.

Is medical nutrition therapy covered by my insurance?

- It is best to check with your individual insurance company to see if your child’s specific medical condition is covered.
- We accept Medicaid.

Do I need a doctor’s order?

All nutrition appointments require a doctor’s order. It gives the dietitian the medical information needed to plan an individualized counseling session. It is also necessary to receive insurance reimbursement.

How do I schedule an appointment?

All appointments are scheduled through the Central Scheduling Department.

To schedule an appointment, please call: 847-839-3951
To speak with a dietitian, please call: 847-839-7540