

What to expect for a dietitian visit

March is National Nutrition Month! Whether your provider just referred you to the in-house dietitian or you've been putting off learning how to incorporate more nutritious foods, here's what you need to know before seeing a dietitian.

What is a registered dietitian?

A registered dietitian is a health professional who is board certified in food and nutrition and can promote health and disease management. A dietitian must be licensed in Texas and continuing their education to maintain their license. They are qualified to work in many health settings including hospitals, primary care clinics and more.

How does my dietitian work with my primary care physician?

At Village Health Partners, your dietitian works hand in hand with your physician on your [care team](#). Your physician will refer you to a dietitian if they believe you could benefit from working with them. Your dietitian has access to your health records from your provider and can share their visit notes so your physician is kept up to date. They work together to develop a comprehensive care plan that keeps you at your healthiest.

What can I expect at a dietitian visit?

Currently, all dietitian visits are done through telehealth. [Here's what a telehealth appointment](#) looks like.

At your first appointment, your dietitian will get to know you and your health history. They'll go over your lab work and goals for seeing a dietitian. They want to get familiar with your lifestyle and eating habits, so they can help you set realistic milestones and take steps toward a healthy life.

Amber Odom and Melanie Wilder focus on compassionate care and create a safe space for you to partner with them. Your dietitian focuses on whole-person wellness, which means they're concerned with your mental health, quality of sleep, stress management, physical activity and more to understand your overall health and how they can play a part in your care.

What health conditions can they help me with?

Your dietitian can work with many health conditions including heart disease, diabetes, digestive issues, celiac disease, disordered eating, weight loss, weight gain and more.

Your dietitian can work with you to help naturally improve your diabetes, hypertension, cholesterol and many other conditions. Seeing a dietitian can help improve your preventable health conditions before they develop into chronic disease through making lifestyle adjustments. This may help lower your medications or prevent the need for additional medication.

How much do dietitian visits cost?

Dietitian visit costs depend on your insurance coverage. If you don't have insurance, you can find cash-pay pricing [here](#).

Your counselor can help you with coping skills, learning healthier thought patterns, relationship skills and more. They want you to know that your therapy visits are your time, and your counselor is there to help you.

Can I have a dietitian visit through telehealth?

Yes! Both Amber Odom and Melanie Wilder see patients only through telehealth visits at this time. This means you can chat with your dietitian on your lunch break or even show them your pantry so they can help you make balanced choices!

Who is the dietitian at my location?

We have two dietitians at our Legacy and Independence Medical Villages in Plano, but you can see Amber Odom or Melanie Wilder regardless of which location you go to. Currently, all visits are through telehealth.



Amber Odom, RDN, LD works at Independence Medical Village and sees patients through telehealth. She believes weight loss should be a realistic lifestyle approach involving healthy eating and staying active, while still enjoying foods you love in moderation.

You can learn more about Amber and schedule an appointment [here](#) or text (469) 382-3548 to schedule.



Melanie Wilder, RDN, CSOWM, LD works at Legacy Medical Village and sees patients virtually. She works with her patients to adopt an individualized, balanced and realistic approach to eating, regular physical activity and improved life management.

You can learn more about Melanie and schedule a visit [here](#) or by texting (469) 382-3807.