

REGISTERED DIETITIAN SERVICES

Adult Manatee YourChoice Health Plan members receive their first 5 visits with a dietitian at no cost, and pay a co-pay for the next 15 (up to 20 total visits per year). Use these visits to get personalized assistance with:

- Reaching your wellness goals
- Managing diseases & conditions
- Nutrition advice & guidance
- Food allergies, sensitivities & intolerances
- Menu planning & recipe substitution tips
- And more!

In-Network Registered Dietitians

(first 5 visits are free of charge; \$25 co-pay after first 5 visits)



Natalia Garcia, RDN, LDN, IFNCP, CISSN, CHWC

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YourChoice Fitness Center*

Also travels to your worksite



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Available via Telehealth

*YourChoice Fitness Center: 1012B Manatee Ave W, Bradenton, FL 34205

Client Testimonials

"Paulette is exceptional at what she does. For years, I struggled with stomach discomfort while eating a 'healthy diet' but could not figure out why. Paulette went right to work helping me figure out the cause! I am now armed with knowledge and feeling so much better! I am continuing to follow her advice and happy with where I am headed!"

"Natalia is a blessing. As a 55 year old with Diabetes I was ignorant to all of the facts surrounding food. Natalia made it very simple and fun for me, including taking me shopping so I knew how to read the labels, pick out the correct food products and prepare simple meals."

"Marcus' knowledge about nutrition and fitness are focused on what your goals and needs are. Marcus is all about sustainability and changing your life, which is why I am thankful to have him in my corner!"



Contact an RD directly to make an appointment. If you have questions about your benefits, or aren't sure which RD is best for you, contact Christina Edenfield at cedenfield@manateeyourchoice.com or 941.748.4501 x6464 for assistance.