The Alexian Nutrition Services Program 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 healthcare 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 healthcare ministry.

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

Alexian Brothers Medical Center
880 Biesterfield Road
Elk Grove Village, IL 60007
847.437.5500
www.alexian.org

St. Alexius Medical Center
24 Hour Care Centers
1515 Lake Street
Hanover Park, IL 60133
847.472.1500
231 E. Northwest Highway
(In Palatine Plaza)
Palatine, IL 60067
847.202.6060

St. Alexius Medical Center
24 Hour Care Centers
1060 S. Elmhurst Road
Mt. Prospect, IL 60056
224.285.9800

Alexian Rehabilitation Hospital
935 Beiser Road
Elk Grove Village, IL 60007
847.640.5600
www.alexian.org

Niehoff Pavilion
955 Beiser Road
Elk Grove Village, IL 60007
847.843.2000
www.stalexius.org

Alexian Medical Mall
347 W. Golf Road
(In Golf Point Plaza)
Schaumburg, IL 60173
847.226.9800

Alexian Connects
Physician Appointments, Class Registration, Health Screenings
1-886-ALXIAN
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How Can a Registered Dietitian Help Me?

Alexian Brothers Medical Center and St. Alexius Medical Center are ranked among the nation’s best hospitals by U.S. News & World Report.
Is it time for a change?
Have you been thinking about changing your diet? Has your doctor told you that you need to change your eating habits? If you need help improving your dietary habits, let the registered dietitians at Alexian Brothers Hospital Network help you make the changes you have been thinking about to improve your health.

How can a Registered Dietitian help me?
A registered dietitian (RD) is your nutrition expert. He or she has extensive schooling in the role of nutrition in disease management and health. The dietitian will assist you in improving your eating habits, tailoring them towards your lifestyle, medical condition and food preferences.

What is Outpatient Medical Nutrition Therapy (MNT)?
Outpatient MNT is designed to enable you to take control of your nutritional needs. The RD will assist in setting personal goals and creating a plan to improve the quality of your life by providing the education you need. The RD’s have specialized knowledge in nutrition and disease management. Some areas of expertise include, but are not limited to:

- Allergies and food intolerances
- Bariatric surgery
- Childhood and adolescent nutrition
- Diabetes, pre-diabetes and gestational diabetes
- Gastrointestinal disorders

Heart disease (high blood pressure, high cholesterol, and high triglycerides)
- Pregnancy and lactation
- Specialty nutrition for cancer, kidney disease and liver disease
- Sports nutrition
- Weight management

How long is a counseling session, and are flexible hours available?
Typically, the initial session is an hour to fully assess nutritional needs and begin goal setting. Follow up appointments are available from 15 minute to 60 minute sessions depending on your needs.

Hours are flexible including days, evening and some Saturday appointments.

Is medical nutrition therapy covered by my insurance?
It is best to check with your individual insurance company to see if your specific medical condition is covered for medical nutrition therapy.

We are a medicare provider.

Do I need a doctor’s order?
A doctor’s order is necessary for all appointments. It gives the dietitian the medical information needed to plan an appropriate and individualized counseling session, and is also necessary to receive insurance reimbursement.

How do I schedule an appointment, and how much will it cost?
All of our appointments are scheduled through our central scheduling department. Fees vary depending on the length of service provided.

Please call central scheduling to schedule your appointment and obtain the fee schedule for individual counseling, and group classes.

We are also available for community lectures.

For more information or to schedule an appointment with a Registered Dietician, please call:
Alexian Brothers Medical Center
847.956.6850
St. Alexius Medical Center
847.839.3951