

Dietitian and Nutrition Access



AultCare provides its members with access to a dietitian at no additional cost. AultCare's dietitian, Colleen, can help members who are interested in adapting a more healthful lifestyle through use of behavior modification and goal setting.

By working with a dietitian, members will also be able to manage chronic conditions through individualized nutrition recommendations and lifestyle changes.



Colleen, AultCare Dietitian

Common topics discussed with Colleen include:

- Healthy eating habits
- Whole food eating
- Reducing sugar
- Food allergies
- Trending diets
- Digestive conditions
- Medical nutrition therapy
- Eating for your workouts
- Weight gain-loss strategies
- Chronic disease management (diabetes, chronic heart failure, coronary artery disease)

This information is intended for general educational and informational purposes only. If you are seeking specialized clinical information relating to this subject, please consult with a physician or other licensed healthcare practitioner for additional guidance specific to your medical history and condition. This is not intended to serve as medical advice.

Contact Us

330-363-6360 or 1-800-344-8858 (TTY 711)

www.aultcare.com

You have the right to assistance and information in your language at no cost. To speak with an interpreter, call 330-363-6360 (TTY 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 330-363-6360 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 330-363-6360 (TTY : 711)。AultCare/Aultra complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.