



# Nutrition and Dietetics

Supporting you to develop healthy habits.

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**Dietetics helps you understand the relationship between food and health and make dietary choices to attain and maintain good health.**

**Our service is confidential and respectful of your needs, circumstances and culture.**

Dietetics provides information and support to help you improve your health and take into account your individual needs and tailor advice accordingly.

**Nexus Dietetics service provides general nutrition and dietary information to assist you with the following:**

- Diabetes and prevention of diabetes.
- Heart disease, including high cholesterol and high blood pressure.
- Overweight, underweight or unintentional loss of weight.
- Nutrition support for Cancer and Surgery.
- Digestive health such as constipation, diarrhoea, Irritable Bowel Syndrome, Coeliac Disease, Ulcerative Colitis.
- Vegetarian and/or specific dietary needs
- Vitamin and mineral deficiencies, including anaemia.
- Food allergies and intolerances.
- Infant feeding and growth.

- Fussy eating in children.
- Nutrition during pregnancy and breastfeeding.
- Poor appetite and modified diets.
- General healthy eating and nutrition.

Our Dietitians also provide group education and are available for education sessions to community groups.

#### **Accessing this service:**

- You can refer yourself to this service by contacting us on 1300 77 33 52, or a family member, parent or care giver can refer you.
- This service is available through **self-funded (fee paying)** system. Speak to our team about fees – private health insurance rebates may apply.

Concession card (pension or health care card) fees are available – ask our team.

#### **Bulk Billing**

- **Bulk Billing** is available for Nutrition and Dietetics as part of a Team Care Arrangement completed by your GP – therefore there is no out of pocket expense to you

#YOLO LiveWell

You only live once, live well.

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## Bulk Billing

This service is registered with the Medicare Benefits Scheme.

Need help?

To find out more about Nexus, please contact us on:

**t 1300 77 33 52**

**info@nexusprimaryhealth.org.au**



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72 Ferguson St

**Seymour**  
22 Callen St

**Kinglake**  
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