

# Nutrition Counseling Services

Offered By  SEVEN HILLS  
Women's Health  
Centers

*Seven Hills Nutrition Counseling Services Office Locations:*

6350 Glenway Ave. Suite 205 Cinti., Ohio 45211	7495 State Rd. Suite 300 Cinti., Ohio 45255	2859 Boudinot Ave. Suite 101 Cinti., Ohio 45238	5049 Crookshank Rd. Suite 102 Cinti., Ohio 45238
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*To Schedule Your Appointment at One of the Locations Listed Above  
Please Call Your Seven Hills Physician's Office*

## Counseling Services

### *Initial Consult*

- **One hour counseling session with a registered dietician**
- **A personalized review and assessment of your current eating/dietary habits**
- **Identification of nutritional goals**
- **Development of plan for accomplishing goals**

### *Follow-up Appointments*

- **Follow-up one-on-one appointment**
- **Review current eating plan**
- **Identify what is working and what isn't**
- **Establish a plan for future goals**

### Metabolic Rate Testing      **MedGem™ Testing**

The MedGem™ is an innovative hand held device which measures the number of calories your body burns each day at rest; this is referred to as the **Resting Metabolic Rate** or **RMR**.

If you decide to have this test done this is what to expect:

- The test takes 5-10 minutes and you will receive your results immediately afterwards
- You will sit for the test in a relaxed environment and breathe into a mouth piece or mask for about 5-10 minutes
- The results will show your oxygen consumption known as VO<sub>2</sub> and your calories burned per day
- You will receive a medical report for your records
- This information will allow a dietitian to accurately tailor a nutrition program to meet individual needs

### Before the Test:

- Do not eat for (4) hours prior to the test
- Refrain from consuming any caffeine for (4) hours prior to testing
- Avoid nicotine consumption for at least 1-2 hours prior to testing
- Avoid exercising for (4) hours prior to

### MedGem™ Testing

- Avoid taking nutritional supplements and medication that contain ephedra, Ma Huang, or pseudoephedrine For at least (2) hours prior to the test

### Initial Consult Fee

**\$75.00 - \$100.00**

### Follow-up Appointments

**\$25.00**

### MedGem™ testing with initial nutritional counseling

**\$130.00 - \$135.00**

**Some Services are Billable to Insurance Companies**

**CALL FOR YOUR APPOINTMENT TODAY**