

About Nutrition Profiles

Dietitian Licensure Laws

Each state writes the laws that govern the services offered to their residents. “Out of state” telehealth providers are required to follow the laws of the state where the client resides. There are a number of states where no laws govern the services of dietitians to residents in that state i.e., “non-licensure states”.

Licensure laws apply to MNT, but do NOT apply to “nutrition education”. Nutrition education and “coaching” is probably legal in all 50 states although some questions have arisen about Florida’s licensure law.

NutriScape.NET offers 2 Types of Dietitian Profiles

1. MNT Profile

This profile shows up in any search for your specialty where the potential client claims to reside in:

- your home state,
- a state where you are licensed,
- a non-licensure state (there are 15 of these).

It is legal for you to provide MNT to residents of all non-licensure states. Listings will be made available in non-licensure states for as long it can be done without creating competition for dietitians in those states.

2. Optional Nutrition Education Profile

Cost: Free to dietitians listing an MNT profile on the NutriScape Telenutrition site. Since the ability to offer this service is often an advantage to dietitians as well as residents of these states, we offer a secondary (optional) specially written “Nutrition Education Profile”.

This second “Nutrition Education Profile” contains the special wording highlighted on the following page to alert your client to the law that prohibits you from providing MNT. Refer to definitions for MNT and “nutrition education” on the following pages.

It is very often possible to answer client questions and fully meet their information needs without crossing the line into MNT. This is done by simply wording information in such a way that it could be published publicly.

EXAMPLE OF A "NUTRITION EDUCATION" PROFILE

Dietitian Name, RD or RDN

Offering nutrition education in all 50 states. *

EXAMPLE OF A DIETITIAN'S PROFILE
<p>Crispy peaches walnut mushroom tart pasta portobello mushrooms cozy cinnamon oatmeal banana bread dark chocolate summer main course red curry tofu noodles. Lychee burritos homemade balsamic cashew blueberry chia seed jam cranberry spritzer spring asian pear red grapes red pepper picnic salad vitamin glow blood orange smash lemon tahini dressing Caribbean red habanero kimchi enchiladas cherry bomb pepper frosted gingerbread bites Bolivian rainbow pepper balsamic vinaigrette cocoa salad sparkling pomegranate punch simmer. Spiced pumpkin chili onion Thai sun pepper quinoa flatbread tomato and basil smoked tofu coconut rice green pepper lime mango crisp pineapple salsa scotch bonnet pepper overflowing soy milk strawberry mango smoothie sandwiches roasted butternut squash grenadillo.</p> <p>Broccoli smoky maple tempeh glaze overflowing berries soba noodles samosa picnic strawberries cilantro raspberries chickpea crust pizza apricot citrusy avocado basil pesto cool blackberries green tea lime red amazon pepper tofu cumin second course fall Bulgarian carrot. Dill maple orange tempeh hot apples ultra creamy avocado pesto almond milk chai latte blueberry pops fig arugula cashew salad alfalfa sprouts cinnamon toast refreshing cucumber splash.</p> <p>A delicious meal hearts of palm açai mushroom risotto elderberry Sicilian pistachio pesto miso turmeric glazed aubergine street style Thai basil tacos Chinese five-spice powder almonds black bean wraps ginger carrot spiced juice. Oranges mint lime taco salsa Malaysian raspberry fizz coriander earl grey latte Indian spiced coconut sugar tabasco pepper arugula salad.</p>
<p>Embedded Scheduler or Contact info</p>

* State laws in AL, AK, AR, DC, DE, FL, GA, ID, IL, KS, KY, LA, Maine, MD, MA, MN, MS, Missouri, Nebraska, NV, NH, NJ, NC, ND, OH, OK, OR, RI, SC, TN, UT, VT, WV, AND WY require ____ (Dietitian's name) to limit her/his services to nutrition education, which excludes in depth medical nutrition assessment.

Boundaries of “Nutrition Education”

Since “nutrition education” appears to be legal in all 50 states, it may be a good way to expand your services if they fit the definition. Here are some basics:

- Nutrition education is limited to offering or reinforcement of nutrition knowledge and does not include individualized nutrition assessment or therapy.
- Clients are generally self-referred, but can be referred by a medical provider.
- The RDN asks the client his or her questions and concerns about a nutrition topic, but generally does not assess medical data.
- The nutrition diagnosis for the “nutrition education” client is always a “knowledge deficit”. If any MNT nutrition diagnosis is made, you have moved into MNT and would need to follow the dietitian licensing laws for the state.
- The nutrition intervention is limited to providing nutrition information and coaching with emphasis on what the individual needs, but does not provide goals and interventions designed to treat the person’s specific medical conditions.
- The RDN sends summary documentation of the visit to the referring provider, but it does not involve a nutrition assessment or nutrition diagnosis statement.

Bottom Line: If you can say it to most anyone, it’s nutrition education. If you can say it on TV, it’s education.

Nutrition Education might be coded as:

CPT code 99401*: Preventive medicine counseling and/or risk factor reduction intervention(s) provided to an individual (separate procedure); approximately 15 minutes. **99402***: 30 minutes, **99403***: 45 minutes **99404***: 60 minutes

**To be used for persons without a specific illness.*

Medical Nutrition Therapy vs. Nutrition Education

	MNT	Education
License Requirement	Requires A State License in Many States	Unlicensed nutrition education and “coaching” is <u>probably</u> legal in all states. *
Definition	<p>"Nutritional diagnostic, therapy, and counseling services for the purpose of disease management which are furnished by a registered dietitian or nutrition professional..." (source Medicare MNT legislation, 2000).</p> <p>MNT is a specific application of the Nutrition Care Process in clinical settings that is focused on the management of diseases.</p> <p>MNT involves in-depth individualized nutrition assessment and a duration and frequency of care using the Nutrition Care Process to manage disease.</p> <p><i>Nutrition Counseling:</i> A supportive process to set priorities, establish goals, and create individualized action plans which acknowledge and foster responsibility for self-care.</p>	<p>Reinforcement of basic or essential nutrition- related knowledge.</p>

(continued)	MNT	Education
Referrals	Provider sends RD written referral for MNT. The referral includes current labs, medications and diagnoses.	Interested individual self-refers or PCP refers.
Nutrition Assessment	RD performs the nutrition assessment utilizing the best available current knowledge & evidence, client data, medical record data, etc.	RD asks client his/her concerns/questions about the nutrition topic.
Nutrition Diagnosis	RD makes MNT nutrition diagnosis after analyzing assessment data.	RD documents the nutrition problem as the individual's knowledge deficit on food choices or cooking techniques.
Nutrition Intervention	RD and client determine goals, care plan, and interventions; plan follow-up over multiple visits to assist with behavior/lifestyle changes relative to the nutrition problem and medical condition/disease(s)	Dietetics professional provides nutrition information with special emphasis on the individual's identified needs.
Nutrition Monitoring & Evaluation	Monitor serum albumin, hemoglobin, GFR, weight (BMI), goals for food plan/intake, clinical and behavioral outcomes.	RD checks if the individual's needs are met, or selecting healthier foods.
Documentation	RD documents MNT initial assessment, nutrition diagnosis and intervention(s); shares with physician and keeps copy on file.	RD sends a summary note to physician or maintains documentation of the client's visit outcomes data if self-referred.

*This document is not to be viewed as legal advice. The wording Florida's licensure law has been questioned.

Source: Academy of Nutrition and Dietetics. <https://www.eatrightpro.org/payment/coding-and-billing/mnt-vs-nutrition-education>.