



CEO Stephanie Gomez, MS, RDN, SUDRC

Consultations in-office at:
3505 Camino Del Rio S. #334
San Diego, CA 92108
Or via HIPAA-compliant Zoom

Dear Provider,

Thank you for your recent referral. At Begin Again Nutrition, we offer personalized nutrition counseling tailored to a wide range of needs. The most common conditions we treat with Medical Nutrition Therapy (MNT) are listed below. (English and Spanish)

- **Prediabetes/diabetes**
- **Dyslipidemia**
- **Hypertension**
- **Liver disease**
- **Renal disease**
- **Cancer**
- **Obesity**
- **Digestive disorders including IBS and GERD**
- **Bariatric candidates and post-surgery nutrition**
- **Food allergies and intolerances**
- **Pregnancies and pediatric nutrition**
- **Vegan and vegetarian nutrition**
- **Other conditions commonly improved by nutrition and lifestyle interventions**

We are credentialed with ADOC Medical Group, Aetna, Affiliated Medical Groups, Alignment Health Plan, Anthem Blue Cross, Central Health Plan, Cigna, First Health Network, Imperial Health Plan, Lakeside Community Healthcare, Medicare, Regal Medical Group, Tricare West, UnitedHealthcare, and WellCare by Health Net.

There are a few of items to note regarding referrals:

1. We are **not** currently in network with Molina or Community Health Group, therefore we will not be able to serve those patients using medical insurance.
2. Medicare **ONLY** covers nutrition counseling for patients with **diabetes (not prediabetes), chronic kidney disease, or a recent kidney transplant**.
3. For patients unable to use medical insurance we offer a steep discount of **\$79** per consultation for **cash patients** who are referred. To access the discount go to <https://beginagainnutrition.com/promotional> and scroll to in-house referral.

Stephanie Gomez (Provider NPI: 1497442925)
Begin Again Nutrition (Organization NPI: 1104514637)

All the Best,
Stephanie Gomez, MS, RDN, SUDRC
Registered Dietitian
CEO at Begin Again Nutrition

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