



BEGIN AGAIN NUTRITION

PERSONALIZED NUTRITION COUNSELING

MISSION VALLEY OFFICE:
3505 CAMINO DEL RIO SOUTH #334
SAN DIEGO, CA 92108

TELEHEALTH CONSULTATIONS VIA
HIPAA-COMPLIANT ZOOM

- HEART, LIVER, KIDNEY HEALTH
- PLANT BASED NUTRITION
- WEIGHT MANAGEMENT
- DIABETES MANAGEMENT
- DISEASE PREVENTION
- DIGESTIVE HEALTH
- HOLISTIC HEALTH
- LIFESTYLE CHANGES

IN OFFICE OR TELEHEALTH

PHONE
619-332-3116

FAX
619-359-2018

STEPHANIE GOMEZ, MS, RDN, SUDRC
REGISTERED DIETITIAN



WWW.BEGINAGAINNUTRITION.COM
@BEGIN_AGAIN_NUTRITION_LLC



Insurance accepted
No co-pay with PPO plan
HSA & FSA accepted



**CONSULTATIONS
AVAILABLE IN SPANISH!**



INSURANCE ACCEPTED

NUTRITION COUNSELING SERVICES COVERED BY MEDICAL INSURANCE. IN-NETWORK WITH:

- AETNA
- AFFILIATED MEDICAL GROUPS
- ALIGNMENT HEALTH PLAN
- BLUE CROSS BLUE SHIELD
- ADOC MEDICAL GROUP
- CENTRAL HEALTH PLAN
- CIGNA
- FIRST HEALTH NETWORK
- IMPERIAL HEALTH PLAN
- LAKESIDE COMMUNITY HEALTHCARE
- MEDICARE
- REGAL MEDICAL GROUP
- TRICARE WEST
- UNITED HEALTHCARE
- WELLCARE BY HEALTH NET

**PLEASE FAX THE NUTRITION REFERRAL
FORM TO 619-359-2018**

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