



NUTRITION COUNSELING

Providers

**Samantha
McCarthy**
MS, RD/LDN

Director of Nutrition
HealthyLIVING Coach
Registered Dietitian

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HealthyLIVING Coach
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Contact

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Email

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What to Expect

Nutrition counseling is designed to fit you and your needs. Our dietitians will work with you to develop realistic health and nutrition goals that fit into your busy lifestyle.

Specialties

- Weight Management
- Diabetes Prevention and Management
- Chronic Disease Prevention and Management
- Digestive Issues
- Sports & Exercise

Payment

Health insurance is accepted when services qualify as a medical necessity. Insurances accepted include:

- Aetna
- Allways
- Blue Cross Blue Shield
- Cigna
- Harvard Pilgrim Healthcare
- Tufts
- United Healthcare
- UNICARE/GIC

Nutrition packages are available for out-of-pocket pay, family nutrition counseling, and couple's nutrition counseling.

Contact our nutrition department for more information on health insurance coverage and payment:
nutrition@cedardale-health.net or 978-373-1596 ext. 121