

# Dietitian service

Giving patients access to  
qualified dietitians



With HealthHero's Dietitian service, patients can easily book an appointment with an experienced dietitian at a time that suits them.

Available from 8am - 8pm, Monday - Friday (excluding bank holidays), this service provides patients with virtual 30-minute consultations, with further follow up sessions offered as appropriate.

Dietitians assess a patient's diet, medical history, and lifestyle to provide personalised nutrition advice and address any nutritional deficiencies. Their goal is to help patients improve their health and achieve their personal goals. Drawing on the latest scientific evidence and public health research, dietitians offer practical guidance to support healthy eating and lifestyle choices — for example, through nutrition education and healthy recipes.

## Dietitians can help with adult conditions such as:

- Weight management (weight loss or maintenance)
- Diabetes/ Pre-diabetes
- Digestive disorders (IBS, IBD, reflux/GERD, coeliac disease, etc.)
- High cholesterol/ High triglycerides
- Hypertension
- Deficiency disorders (e.g. iron, vitamin D, B12)
- Low energy / fatigue
- Women's health issues (PCOS, menopause, PMS, fertility, Hypothalamic Amenorrhea, pregnancy)
- Allergies / Food intolerances
- Vegetarian/ Vegan diets
- Weight gain / muscle gain
- Sports nutrition
- Osteoporosis

## Dietitians can help with paediatric conditions such as:

- Fussy eaters
- Food allergies and intolerances
- Faltering growth / underweight
- Obesity / overweight management
- Digestive issues

## Outcomes of a dietitian consultation may include:

- **A personalised nutrition care plan** with tailored dietary and lifestyle advice, supplement recommendations (if required), and practical tools such as sample recipes or specialised diet sheets (e.g. low FODMAP).
- **Additional resources** to support the treatment plan, such as reputable online materials, meal planning guides, or recipe books.
- **Follow up appointments** and/or **referral** to the patient's NHS GP or for diagnostic tests, as appropriate.