How the program works
The NEW You program includes 22 sessions over 12 months.

One-on-one Sessions
You will have six private sessions with a registered dietitian nutritionist. Together, you will make a personalized plan to be more active, eat healthy, and manage your weight.

Group Sessions
You will have sixteen group sessions. These are led by a registered dietitian nutritionist. Healthy snacks are provided at each class. The sessions will cover several topics including the following:
- Meal planning and grocery shopping
- Enjoying movement
- Emotional eating
- Eating out and celebrations
- Overcoming negative thoughts
- Healthy eating
- Sleep

How you can join
You need the following to sign up:
- A body mass index (BMI) of 30 or greater
- Referral from a physician assistant, nurse practitioner, or your primary care doctor
- Health insurance (see below)

Program Costs and Insurance Coverage
If you have Medicare, the NEW You Program is covered by your insurance.

Other insurance providers may cover the program and any costs. Contact your insurance carrier directly and ask about your plan. Give them billing codes G0447 and G0473 so they can verify coverage.

For more information
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Now offered through the Acute Care Center/Area E.