



**Teach**

- Nutrition education
- Healthy eating strategies including mindful eating
- Ways to support self-management
- Physical activity strategies

**Support**



- Healthy weight management
- Nutrition related side effects of psychiatric medications
- Food insecurity and community resources
- Healthy eating and sustainable lifestyle changes
- Chronic disease self-management

**Provide**



- Medical nutrition therapy
- Coaching and motivational interviewing
- Individual and group workshops



**Connect with**

- Family or caregivers, with patient consent

**PCN Dietitians**  
work with patients to provide medical nutrition therapy and care services



**Refer to/Work with**

- Family Physician (FP) or Nurse Practitioner (NP)
- Specialist Physician involved in care
- Other members of the PCN Team, including: Chronic Disease Management Nurse, Clinical Counsellor, Clinical Pharmacist, Occupational Therapist, Physiotherapist, Social Worker
- Supportive resources: VCH, community services and programs

**Complete**



- Applications to Ministry funding, if required

**How can I get an appointment?**

Discuss your needs for a Registered Dietitian with your family physician or nurse practitioner.

Some services may be available in languages other than English.

**Eligibility**

- ✓ Must be a Richmond resident or a patient of a Richmond physician or nurse practitioner
- ✓ Has a chronic condition, or be at risk for a chronic condition

**Limitations**

- × Patients not attached for ongoing care to the Richmond FP or NP making the referral
- × Patients without BC Medical Services Plan (MSP) coverage
- × Patients with an active insurance claim\* related to the referral  
*\*ICBC, WorkSafe, third party insurance*



[divisionsbc.ca/richmond/for-patients/pcn](https://divisionsbc.ca/richmond/for-patients/pcn)

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