

# Registered Dietitians covered by insurance



## What is Nabi?

Nabi is a virtual team of outpatient dietitians specializing in trauma-informed, HAES-aligned (Healthy at Every Size) care for those struggling with food and body issues.



Scan to meet our dietitians:



## Find a Registered Dietitian for:

- ✦ Eating disorders / disordered eating for ages 7+
  - ✦ Digestive health (e.g. IBS, SIBO, GERD)
  - ✦ Food allergies & medical diets
  - ✦ Diabetes, heart & kidney health
  - ✦ Women's health (e.g., PCOS, menopause)
  - ✦ Men's health
  - ✦ Sports nutrition
- and much more!

## What to expect at your first appointment:

### In-Depth Review of Your Personal Background:

Your 90-minute first session helps your dietitian understand your unique story and needs

### Support That Meets You Where You Are:

Leave with 1-2 gentle starting steps and a plan tailored to your own pace

Our RDs always take an anti-diet approach.

# 95%+ of patients pay \$0 per session.



and many more accepted insurance plans