

The 1 ½ hour nutrition assessment includes:

Body Composition Analysis using Tanita Analyzer: \$20

Metabolic Rate Measurement using MedGem: \$75

PLUS

1hr Nutrition Consultation (may be covered by medical insurance)



The Tanita body composition analyzer provides detailed body composition analysis - weight, impedance, body fat %, body mass index, fat mass and fat-free mass without the inconvenience of more intrusive traditional measurement methods.



MedGem is a handheld device that accurately and quickly measures your resting metabolic rate (RMR). In just a few minutes, MedGem calculates your metabolism to determine your body's internal efficiency and helps your healthcare provider understand your nutritional therapy needs for effective weight loss and fitness management.



Individual Nutrition Consultation provided by one of Scarsdale Medical Group's Registered Dietitians, Elizabeth DeRobertis, MS, RD, CDN, CDE or Elizabeth Pecoraro, MS, RD. Each dietitian will administer the body composition analysis and metabolism assessment, plus create a plan that is right for you to meet your personal health goals.



To make an appointment for a comprehensive nutrition assessment, please call
914-723-8100.

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