

September 26, 2012

Nevada Division of Insurance
Att: Commissioner of Insurance
1818 E. College Pkwy, Suite 103
Carson City, NV 89706

Re: Silver State Health Insurance Exchange

Dear Ms. Amy Parks:

As the State of Nevada moves forward to determine which essential services will be required in individual and small group health insurance, I urge you to consider medical nutrition therapy by a Licensed Registered Dietitian as part of the benefit design. The primary focus of the Affordable Care Act is preventive and wellness services and chronic disease management. Medical nutrition therapy and nutrition education are both key when looking at a science based treatment in chronic disease prevention and management.

As you are aware, the statistics for chronic disease prevalence is staggering. The State of Nevada showed heart disease accounted for 27% of deaths in Nevada in 2005, while stroke caused almost 5% deaths. In 2007, 27% of adults in Nevada reported having high blood pressure (hypertension) and 37% of those screened reported having high blood cholesterol, which puts them at greater risk for developing heart disease and stroke. Nutrition counseling provided by a Registered Dietitian promotes healthy dietary habits which results in decreased incidence of chronic disease and more importantly, less deaths by unmanageable disease. This cost effective treatment will save the state taxpayers a considerable amount of money with an immediate return on investment by lower medication use and less visits to the hospital by controlling their disease with dietary interventions.

I have been a Registered Dietitian for 5 years in Las Vegas after receiving my Nutrition Science degree from University of Nevada, Las Vegas. My current position is an Onsite Health Coach serving the employee population in the casino industry which is very important to our community. Within 1.5 years I have been able to see the improved health status of so many employees, quantitatively and qualitatively. My current insurance provider is Cigna and their benefits include visits with a Registered Dietitian if nutrition counseling affects the diagnosed disease. Furthermore, in June of 2011, AB289 was signed by our Governor, Brian Sandoval, to establish state licensure in Nevada under the Nevada State Health Division.

Thank you for your time and please consider medical nutrition therapy and counseling performed by a Registered Dietitian when determining the essential benefits that will be required in the plan design of the Silver State Health Insurance Exchange.

Sincerely,

Tammy M. Wild, RD, NSCA-CPT
3939 Starfield Lane
Las Vegas, Nevada 89147