

Payment

We participate with most insurance plans including HMSA, UHA, Aloha Care Quest and Medicare. We offer discounted services for eligible individuals using a sliding-fee scale based on income.

A physician referral is necessary for insurance processing.



I Ola Lāhui is a 501(c) (3) Hawai'i non-profit corporation in operation since 2007.

Our mission is to provide culturally-minded, evidence-based behavioral health care that is responsive to the needs of medically underserved, rural, and Native Hawaiian communities.

In addition to nutrition services, we also offer health psychology and behavioral health services.

Contact us for more information or for a referral.

I Ola Lāhui, Inc.

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I Ola Lāhui Nutrition Counseling Services



I OLA LĀHUI

So that the people will live and thrive



How we can help

A Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN) can help you by providing individualized nutrition care for you and your family.

Personally tailored advice. There is no one diet recommended for everyone. We can help create a healthy eating plan specifically for your patients health needs, food preferences, and one that is culturally sensitive too.

Help managing health conditions. If you have high blood pressure, high cholesterol, or diabetes, it can be difficult to know what to eat. We can help with nutrition education, identifying appropriate foods to eat, and determining portion sizes.

Weight loss that works. Fad diets may seem like a quick fix at first, but they rarely work for long. We can help develop a safe, effective weight loss plan that will last long-term.

When to refer

Consider asking for a referral to see a Registered Dietitian when you notice:

- You are struggling to lose weight on your own.
- You have questions about nutrition and what you should eat to be healthy
- You need more support and education on healthy food choices.
- You want to add healthy variety to your diet.
- You need help with managing your health conditions

We work with adults and children needing help with:

Cancer
Chronic Kidney Disease
Diabetes
Heart Disease
High Blood Pressure
High Cholesterol
Thyroid Disorders
Weight Management

Contact Us

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