



Subject: Improving nutrition care and service coverage – findings, raising awareness of Quebec's unique characteristics, and presentation of the ODNQ insurance coverage toolkit

Dear Sir or Madam,

The *Ordre des diététistes-nutritionnistes du Québec* (ODNQ) invites you to include all care and services offered by dietitians-nutritionists in your insurance plans. This step is essential to supporting public health and safety in nutrition.

Ensure the protection of your staff or clientele

In a context where nutritional misinformation is a major health issue, employers and insurers have an important social role to play. By guaranteeing coverage for safe and supervised nutritional care, you are directly contributing to the health, well-being and disease prevention of your staff or clients.

However, we have noticed that some private insurance plans:

- Reimburse unregulated approaches, such as naturopathy, while excluding services provided by dietitians-nutritionists, whose professional practice is regulated by laws and regulations
- Refuse prescriptions issued by dietitians-nutritionists, even though these are covered by the public drug insurance plan of the *Régie de l'assurance maladie du Québec* (RAMQ) or the Non-Insured Health Benefits (NIHB) Program of Indigenous Services Canada (ISC)

These coverage choices may steer clients toward less safe or less effective options. As an employer or insurer, you have the power and responsibility to encourage access to safe, science-based, and legally regulated care.

Quebec Specifics

In the province of Quebec, the titles “dietitian” (*diététiste, diététicienne*) and “nutritionists” (*nutritionniste*) are reserved by law. Members of our regulatory body can identify themselves with the initials “Dt.P”, “P.Dt.” or “RD”. At any time, it is possible to [verify the right to practice](#) of dietitians-nutritionists in Quebec.

The activities reserved by the [Professional Code](#) for dietitians-nutritionists under certain conditions are:

- Nutrition intervention (individualized treatment plan) in the context of illness
- Monitoring nutritional status Nutrition assessment

In addition, dietitians-nutritionists who hold a prescription number issued by the RAMQ may, under certain conditions provided for by [regulation](#), perform the following acts:

- Prescribing laboratory tests
- Prescribing nutritional formulas, micronutrients, macronutrients, and pancreatic enzymes
- Adjusting insulin and antidiabetic medications
- Administering medications or other substances orally or enterally
- Permanently removing a feeding tube

Discover our insurance coverage toolkit!

To support you and the public in this process, the ODNQ has developed a I toolkit that presents:

- The services and care offered by dietitians-nutritionists in the province of Quebec
- The benefits for the public, employers, and insurers
- Sample letters to request or improve insurance coverage
- Arguments and information to promote these care and services to your teams and your insureds

Join our mission: protect your staff and your customers by ensuring access to safe, regulated, high-quality nutrition care and services.

We remain at your disposal for any further information.

Best regards,

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