



# What you need to know

about referring your patient to nutrition counseling through the Alberta Healthy Living Program – Calgary Zone.

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## What is changing in the Alberta Healthy Living Program (AHLP) – Calgary Zone's nutrition services offerings?

- The scope of the AHLP's nutrition services is being focused on digestive health, liver health, and malnutrition effective April 1, 2025.

## Is my patient eligible for one-on-one nutrition counseling?

- Telephone, online, and in-person nutrition counseling offered by AHLP Calgary Zone is restricted to Calgary Zone residents.
- Patients must be adults (18+) with one or more of the following conditions:
  - **Gastrointestinal chronic conditions**
    - Celiac Disease
    - Diverticular Disease
    - Dysmotility
    - Dysphagia
    - Dyspepsia
    - Gastroenteritis/Colitis
    - GERD/Barrett's Esophagus
    - Inflammatory Bowel Disease (IBD) – Chron's Disease or Ulcerative Colitis
    - Irritable Bowel Syndrome (IBS)
    - Pancreatitis
    - Pancreatic Exocrine Insufficiency
    - Peptic Ulcer
    - Short Bowel Syndrome (SBS)
  - **Liver Disease**
    - Cirrhosis
    - Fatty Liver Disease (MASLD, MASH)
    - Hemochromatosis
    - Hepatitis
    - Primary Biliary Cholangitis
    - Primary Sclerosing Cholangitis
  - **Malnutrition**
- Patients with any of the **highlighted conditions** must attend a class first before accessing one-on-one counseling.



### How can I refer my patient to nutrition counseling?

- **AHS healthcare providers** can send an internal referral through Connect Care.
  - When completing the order, refer to the **CALGARY ZONE AHLP CAT** department.
  - In the comments, use the **AHLPCGYNSCOUNSELING** smart phrase to indicate the condition(s) that your patient is seeking nutrition counseling for.
- **Healthcare providers external to AHS** can send a [referral form](#) by fax to 403-955-6868. To access the form,
  - Visit [ahs.ca/ahlphp](https://ahs.ca/ahlphp) and click on “Calgary Zone.”
  - Click on “**Click for Central Access Office**” on the top-right side of the page.
  - Click on the link to the “**Alberta Healthy Living Program Referral Form.**”
- **We do not accept referrals from primary care network healthcare providers for one-on-one nutrition counseling.**

### Can my patient still access nutrition services in other languages?

- Yes. We offer nutrition counseling services for digestive health, liver health, and malnutrition in Cantonese, Mandarin, Hindi, and Punjabi.
- If you do not speak these languages, we can call in an interpreter for your appointment.