

# ML<sup>o?</sup>ve<sup>TM</sup> Health Care

am Loved. *Live life.*



## DIETETIC SERVICES

*“To eat is a necessity,  
But to eat intelligently, is an art.”*

*- La Rochefoucauld*

# WHO WE ARE AND WHAT WE DO?

Dietitians are health professionals qualified to provide expert clinical and evidence-based nutrition advices to manage medical conditions.

Aligned with ML've Healthare's commitment to provide solutions for holistic pursuit of health and care services, dietitians are passionate to help people achieve goals with nutrition before, during and after their medical treatments for better quality of life.

Nutrition solutions are tailored to respective patient's health conditions and goals.

## PERSONALIZED CONSULTATION FOR HEALTH AND VARIOUS MEDICAL CONDITIONS

- Healthy eating and wellness  
*Individualised / Corporate for optimal health and bodily functions*
- Weight management (for adults/ pregnant mums)  
*The apple or the pear-shape?*
- Diabetes  
*For the sugar-sensitive*
- Cancer  
*Tackling side effects and extra nutrition concerns*
- Kidney Stone  
*You need no extra rock in you!*
- Kidney disease (acute/ chronic/ pre or dialysis)  
*Battling the silent malnutrition before it gets you!*
- Dyslipidemia and hypertension  
*Love your heart , prevent metabolic syndrome*
- Post surgical nutrition  
*Speedy recovery with optimised nutrition*
- Others



## WHAT TO EXPECT?

- Kindly bring along your latest or blood test/ other laboratory test reports within the past 6 months during your visit.
- Your first session will take about 30-45 minutes, with a thorough anthropometric, nutrition and lifestyle assessment, followed by individualised recommendation plans for your condition. You may be required to keep a food diary or submit an e-photo as food diary for quick monitoring post consultation.
- E-follow up may also be available for tele-support. Every dietetic consultation fee will be via self-payment first, you may have to check with your respective insurance provider or company HR thereafter if claim is available.
- Upon your next scheduled visit (1 or 3 months later) to clinic for doctor's appointment or diagnostic session, you may also have a 15-20 minutes follow up consultation in clinic for further reassessment and intervention to fine tune your eating plan.

## IF YOU FALL UNDER ANY OF THE SITUATIONS BELOW, PLEASE LOOK FOR US TODAY

- Waist circumference more than 90cm (35 inches) for males or more than 80cm (32 inches) for females
- Family history of kidney stones, kidney disease/ diabetes/ heart disease/ cholesterol problems/ cancer/ high blood pressure/ uric acid
- You are currently having / had a history of one of the medical conditions listed above

If you have other enquiries, you may visit our website, or talk to us in person today at +65 6935 3891/ 9119 2793 or [relations@mlvegroup.com](mailto:relations@mlvegroup.com), we will be most glad to serve you!





We are located within the **Novena Healthcare Hub**.



Towards Changi: Exit 17  
Towards Tuas: Exit 15A



Towards TPE/SLE: Exit 7A  
Towards AYE: Exit 7C  
*Oasia Hotel Multistorey Carpark*



Drop at Oasia Hotel



Novena (NS20), Exit A



(Novena Stn)  
21, 56, 57, 131, 141, 166, 851, 980



KK Women's and Children's Hospital  
Mount Alvernia Hospital  
National Skin Centre



Via Novena Medical Center Level 3



Via Tan Tock Seng Hospital Level B1,  
Novena Medical Center Level 3

### **ML'Ve Healthcare (Novena) and ML'Ve Medical Diagnostic Suite**

Novena Specialist Center, 8 Sinaran Drive #07-10, Singapore 307470

### **ML'Ve URoCare Center**

Mount Elizabeth Novena Specialist Center, 38 Irawaddy Road #08-41, Singapore 329563

### **Opening Hours**

Mon – Fri : 8.30am – 6.30pm, Sat : 8.30am – 12.30pm,  
Closed on Sundays and Public Holidays

We welcome your valuable feedback, comments and suggestions at [mx@mlvegroup.com](mailto:mx@mlvegroup.com) .



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[www.mlvegroup.com](http://www.mlvegroup.com)



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